

REPORT OF THE COMMITTEE

APPOINTED BY

HIS EXCELLENCY THE LORD LIEUTENANT

TO INQUIRE INTO THE

DIETARIES

OF

COUNTY AND BOROUGH GAOLS

IN

IRELAND.

Presented to both Houses of Parliament by Command of Her Majesty.



DUBLIN:

PRINTED BY ALEXANDER THOM, 87 & 88, ABBEY-STREET,
FOR HER MAJESTY'S STATIONERY OFFICE.

1868.

CONTENTS.

	PAGE
REPORT :	
Instructions to the Committee, ...	1
Points of Inquiry, ...	1
Queries to Governors and Surgeons of Gaols, ...	1
Documents consulted, ...	3
 PART I. :	
Diet of the Agricultural Labourer, of the Small Farmer, and of the Artisan, ...	3
 PART II. :	
Dietary in use in the Workhouses of Ireland, ...	7
 PART III. :	
Dietary in County and Borough Gaols of Ireland, ...	12
 PART IV. :	
Inquiry as to the sufficiency of the Dietary in use in Gaols in Ireland, ...	15
 PART V. :	
Recommendations of the Committee, ...	20

APPENDIX.

Replies to Queries addressed to Governors and Surgeons of Gaols, ...	43
Communication with Poor Law Commissioners, ...	74
Tabular Statement of Returns received from Clerks of Poor Law Unions, ...	76-7
Copies of some of the Letters received from Private Correspondents, ...	78
Polenta, ...	87
Bibliography, ...	87

REPORT

OF THE

COMMITTEE ON THE DIETARIES OF COUNTY AND BOROUGH GAOLS IN IRELAND.

TO THE RIGHT HON. THE EARL OF MAYO,
CHIEF SECRETARY FOR IRELAND, &c., &c.

WE, the members of the Committee appointed to inquire into the dietaries of the County and Borough Gaols in Ireland, beg to submit the following report to your Lordship for the information of His Excellency the Lord Lieutenant.

Our instructions, as received from your Lordship were, that after the examination of the dietaries used in the various Prisons, we should, keeping in view the ordinary food of the labouring poor throughout the country, as well as the dietaries in the Workhouses, frame such a dietary as would be fitted for prisoners condemned to hard labour. Instructions.

It was also intimated to us that the rules regulating the amount and application of hard labour in the English Prisons would probably be embodied in any Act on Prisons extending to Ireland.

Three points of inquiry naturally presented themselves— Points of Inquiry.

- I. The existing arrangements as to the food for prisoners in the County and Borough Gaols of Ireland.
- II. The dietary in common use by the labourer, artisan, and small farmer throughout the country.
- III. A comparison between the dietary in use in the Workhouses and that of the classes above mentioned.

With a view to the first of these objects, the following queries were addressed to the Governors and Surgeons of Queries to Governors and Surgeons of Gaols.

Queries to
Governors and
Surgeons of
Gaols.

the several County and Borough Gaols, and copies of these queries were also sent to the respective Boards of Superintendence :—

1. What scales of dietary are in use in the prison under your superintendence?
2. State the classification of prisoners with regard to dietary.
3. Does your experience enable you to form an opinion as to the sufficiency or insufficiency of the diet in use (exclusive of patients in hospital)? If so, have the goodness to state it.
4. Are you often obliged to order extra diet to prisoners not in hospital? If so, on what grounds?
5. Is it your opinion that the daily repetition of the same diet is injurious to the health of the prisoners?
6. Is it your practice to inspect and report on the nature of the food supplied? If so, at what intervals of time?
7. Are complaints from prisoners in reference to the quantity or quality of their food frequent?
8. Have your prisoners ever suffered from diseases usually ascribed to insufficient or unsuitable diet? If so, did similar diseases at the same time prevail among the population outside the prison?
9. Has it come to your knowledge within the last five years that crime has been committed for the purpose of obtaining admission into gaols, and thereby getting better food than that which was supplied in the work-houses, or such as the wages from labour might produce?
10. Do you consider it expedient that those sentenced to short periods of imprisonment with hard labour should be placed on a diet inferior to that of those sentenced to longer periods?
11. Is it desirable that prisoners sentenced to long periods should on their admission be placed on the lowest scale of diet, or that they should at once receive the ordinary diet of their class?
12. Is the practice of placing a prisoner on a low scale of diet during the first few days of imprisonment adopted in your gaol?
13. Is it your opinion that punishments for the infraction of prison regulations should be accompanied with restrictions in diet?
14. Are the prisoners not in hospital daily inspected by the medical officer?
15. Can you offer any information as to the wages and dietary of labourers in your district?

Supplemental
queries.

On receiving the answers to the foregoing we found it advisable to send the following supplemental queries.

SUPPLEMENTAL QUERIES.

1. What are the stated hours for breakfast, dinner, and supper, when the latter meal is given?
2. At what hour are the prisoners locked up at night, and at what hour do they rise in the morning?
3. Is the separate system adopted in your gaol; if so, to what extent?
4. By what means are sentences to hard labour fulfilled?
5. What is the duration of hard labour per diem, and what are the intervals between the periods of hard labour during the day?
6. Are any prisoners under sentence of hard labour subjected thereto daily before breakfast; and if so, for how long a period?

The replies to these queries which we received will be found in the Appendix commencing at page 43.

Before framing the queries which we addressed to the Prison authorities we took the following documents into our careful consideration :—

Documents consulted.

1. The Report from the Select Committee of the House of Lords (1863) on the Present State of Discipline and Condition of the Gaols in England.

2. A Return made to the House of Commons in 1864 (No. 313), containing correspondence relating to the Report of the House of Lords' Committee, and the Report of a Medical Committee appointed by the Secretary of State to inquire into the Dietaries of County and Borough Prisons in England.

3. The English Prisons Act, 1865 (28 & 29 Victoria, cap. 126), based on the recommendations of the House of Lords' Committee.

4. The Reports of the Inspectors-General of the Prisons of Ireland.

PART I.—DIET OF THE AGRICULTURAL LABOURER, OF THE SMALL FARMER, AND OF THE ARTISAN.

PART I.

Communications to private correspondents.

In order to obtain a general view of the dietary adopted by the agricultural labourer, the small farmer, and in some cases the artisan, letters were addressed to members of the medical profession in every county of Ireland, most of them medical officers of dispensary districts. A few communications were made to clergymen. Some of the most important of the answers to these letters will appear in the Appendix, page 78, while the general import of them all will be found in the Table on page 5.

A communication was also made to the Poor Law Commissioners, requesting them to furnish us with the scales of dietary in use in the Workhouses of the unions in which the county and borough gaols are situate; we also requested that they would direct the clerks of these unions to furnish returns as to the ordinary food and average wages of the agricultural labourers in their respective districts. This letter, and the assent of the Commissioners, will be found in the Appendix, p. 75.

Communication with Poor Law Commissioners.

The Returns received from the clerks of Poor Law Unions, relating to this branch of our subject, have been embodied in the Table above alluded to.

Since the failure of the potato crop in 1846 a remarkable change has taken place in the dietary of the agricultural labourer and small farmer, consisting in the substitution to a considerable extent of wheaten bread, of oats and

PART I.—
*continued.**Improved diet
of the Peasant.*

of Indian meal, for the potato. The potato is not now so exclusive an article of diet as it was in former years, and its lessened consumption seems to indicate that, with reference to the food of the people, a better proportion has been struck as to the relative amount of a potato and a cereal diet.

Articles of food.

The use of butchers' meat, even in small quantity, seems to be, to a certain extent, limited to districts in the immediate vicinity of towns and villages; the coarser parts of the meat being principally employed. Bacon is much more frequently used, and the Sunday dinner often consists of it with cabbage or potatoes. Of fowl the only kind in use is goose, and that on festive occasions. Other forms of animal food, such as butter, eggs, milk, dripping, are probably more extensively used than appears from the returns. Salt and dried fish are in common use, while fresh fish is rarely attainable, except by the inhabitants of the coast districts, and by them frequently. In districts in the North-west of Ireland, especially in summer, when potatoes are not to be had, there is a large consumption of mussels, while on the western coast limpets, cockles, razor-fish, and whelks, &c., are in common use.

*Diet of farm
servants.*

There is a class of agricultural labourers whose dietary is much better than that of the daily workman. This class is composed of the permanently engaged servants of the more comfortable farmers. They are generally well fed, and use animal food several times in the week. (See Letter, in Appendix, p. 83). It has been represented to us that from this class come many of the most unruly and dangerous characters. We cannot connect this circumstance with the use of a higher scale of diet, for the artisan in general lives as well or better than the farm servant, yet the proportion of committals from the former class is not in excess. It is probably attributable to the fact that the farm servant is generally a young unmarried man having little or nothing to do after his day's work is over, and consequently more apt to fall into evil courses.

Ordinary diet.

Potatoes during the late autumn, winter, and spring season; in many cases green vegetables; bread from the baker, or home-made; the latter prepared with wheaten or Indian meal, or a mixture of both, and made without barm;—oaten or Indian meal porridge; sweet milk or more often buttermilk; and, lastly, tea, mainly constitute the food of the labourer and small farmer throughout the country.

In addition, some form of animal food, generally denominated "kitchen," is largely employed, the frequency and amount of its use varying with the means of the people.

The following table exhibits the dietary in use in the four provinces, and is so arranged as to show in some degree the use of the various articles of food in the different localities. The returns may be taken as completely reliable as to the more important articles of food, while the occasional absence of statements as to the less important, is not to be taken as evidence against their consumption to a greater or less degree in their respective localities.

This table has been compiled from answers received from 120 private individuals, including thirty-nine from the Catholic clergy of the Archdiocese of Cashel, for which we are indebted to the Most Rev. Dr. Leahy, titular Archbishop of Cashel; and from thirty-three of the thirty-five clerks of Poor Law Unions in which the county and borough gaols are situate.

PART I.—
continued.

Dietary in use
in the Provinces.

Tabulated cor-
respondence.

Summary of Replies received from Clerks of Poor Law Unions (in which the County and Borough Gaols of Ireland are situate) and from 120 Private Correspondents relative to the Food in the diet of the Labourers, small Farmers, and Artisans.

Description of Food in the diet of the Labourers, small Farmers, and Artisans.	Number of Replies received in which the undermentioned articles of food are named.									
	Leinster.		Munster.		Ulster.		Connaught.		Total No. of Replies.	
	Clerks of Unions.	Private Corre- spondents.	Clerks of Unions.	Private Corre- spondents.	Clerks of Unions.	Private Corre- spondents.	Clerks of Unions.	Private Corre- spondents.	Clerks of Unions.	Private Corre- spondents.
TOTAL NUMBER OF CORRE- SPONDENTS, ...	12	33	7	39	9	16	5	12	33	120
Butchers' Meat, ...	1	4	4	4	6	4	1	4	12	4
Bacon, ...	4	4	4	4	4	4	1	4	4	4
Butter, ...	4	4	4	4	4	4	1	4	4	4
Eggs, ...	4	4	4	4	4	4	1	4	4	4
Milk, ...	4	4	4	4	4	4	1	4	4	4
Dripping, ...	4	4	4	4	4	4	1	4	4	4
Fish, ...	4	4	4	4	4	4	1	4	4	4
Bread (bakers' & home-made), Sifted or partridge (Indian or oatmeal), ...	11	25	6	35	9	13	5	10	31	88
Potatoes, ...	11	33	7	45	9	16	5	12	33	106
Turnips, ...	4	4	4	4	4	4	1	4	4	4
Cabbage, ...	4	4	4	4	4	4	1	4	4	4
Tea, ...	9	35	5	38	9	14	3	11	26	96
Coffee, ...	4	4	4	4	4	4	1	4	4	4
Cocoa, ...	4	4	4	4	4	4	1	4	4	4

* seldom used.

PART I.—
*continued.*Analysis of
Tabulated cor-
respondences.

It will be observed from the foregoing table that only 33 answers from clerks of unions have been tabulated, the remaining 2 having been expressed in general terms, were excluded. The replies from the clerks of unions given more in detail will be found in a tabular statement appearing in the Appendix, pp. 76, 77.

From an analysis of the table on the preceding page it appears that stirabout, made from either oatmeal or Indian meal, or from a mixture of both, with potatoes and sweet milk or buttermilk, form the ordinary food of the great bulk of the labouring poor in Ireland; inasmuch as out of 33 detailed replies from clerks of unions in 32 instances potatoes were mentioned as forming part of the diet; in 31 stirabout or porridge; and in 28 instances milk was mentioned as an article of food. Out of the 120 replies from private correspondents, potatoes are mentioned in 106 as forming part of the ordinary diet; stirabout or porridge in 83; and milk in 92. It also appears that tea is coming into general use, being mentioned by 26 clerks of unions, and by as many as 96 of our private correspondents.

Bread, either bakers' or home-made, is returned by 21 clerks of unions and 53 private correspondents as part of the dietary of the peasantry.

Fish, chiefly herrings, is mentioned by 13 clerks of unions and 53 private correspondents.

Butchers' meat appears to be seldom used; bacon, however, sometimes forms a part of the dietary.

Butter is mentioned in only 17 replies; eggs in an equal number of replies; and dripping or lard is stated to be occasionally used as "kitchen."

Coffee is included as an article of food in only 12, and cocoa in 6 returns.

General conclusions
from cor-
respondence.

The following conclusions may be drawn from an examination of the replies from which the foregoing table was compiled:—

1. That there is a general similarity over the whole of Ireland as to the diet of the labouring classes.
2. That the dietary of the small farmer differs but little as to quality from that of the labourer.
3. That the diet of the artisan and the farm servant is on a higher scale.
4. That the general dietary of the Irish labourer, small farmer, and artisan is more or less of a mixed nature.
5. That cereal food is largely consumed in Ireland.

6. That animal food of some kind is generally, though sparingly, in use.
7. That tea is very extensively used by both sexes.
8. That milk in some form is much employed.
9. That, besides the potato, other vegetables, such as cabbage, turnips, onions, and in some cases parsnips, are not unfrequently in use.
10. That the use of three meals in the day is general.

PART I.—
continued.

General conditions from correspondence.

PART II.—DIETARY IN USE IN THE WORKHOUSES OF IRELAND.

PART II.

Dietary in use in the Workhouses.

We next proceed to take into consideration the diet generally provided in the workhouses of the country.

The dietaries in use in the Irish workhouses are regulated by a General Order issued by the Poor Law Commissioners in the year 1849. That order lays down certain rules for framing dietaries for the inmates of workhouses, with a proviso giving large powers to the Medical Officer to recommend, and to the Board of Guardians to order, any temporary change of diet which may be deemed essential to the health of the paupers in the workhouse.

According to those rules the healthy inmates are divided, for the purposes of diet, into seven classes. The members of some of these classes, however, are seldom found among the criminal inmates of a prison; we shall therefore refer to the diet of the 1st, 2nd, and 4th classes only.

Class 1.—Comprises able-bodied working males.

Class 2.—Able-bodied working females, and

Class 4.—Boys and girls above nine and under fifteen years of age.

According to the Commissioners' regulations, to classes 1 and 2 not less than two meals a day shall be allowed; and to class 4, not less than three meals a day. Where two meals only are allowed to classes 1 and 2, one meal shall consist of *not less than*—

For class 1—8 ozs. of Indian meal and $\frac{1}{2}$ pint of new milk.

For class 2—7 ozs. of Indian meal and $\frac{1}{2}$ pint of new milk.

The other meal shall consist of *not less than*—

For class 1—14 ozs. of brown bread and 2 pints of soup.

For class 2—12 ozs. of brown bread and 1 pint and a-half of soup.

And where three meals are allowed to classes 1 and 2,

PART II.—
continued.

Dietary in use
in the Work-
houses.

the amount of nutriment shall be at least equal to that contained in the two meals as above set forth.

Of the three meals allowed to class 4, one meal shall consist of *not less* than 5 ozs. of Indian meal and $\frac{1}{2}$ pint of new milk; another meal shall consist of *not less* than 8 ozs. of brown bread and 1 pint of soup; and the third meal shall consist of not less than 4 ozs. of brown bread.

The soup shall be made of pease meal or oatmeal, or of both, in the proportion of 8 ozs. of meal to 1 gallon of water, well seasoned with onions, pepper, and salt; and thickened at all convenient seasons with turnips, parsnips, and carrots, or such other vegetables as the Medical Officer shall approve.

Instead of the articles above named, the following articles may be substituted in framing the dietary:—

Instead of Indian meal—oatmeal, rye-meal, and rice may be used, provided that rice be not used except in conjunction with meal, and then only in the proportion of 2 ozs. of rice to 6 ozs. of meal.

Instead of new milk, buttermilk may be used, if the Medical Officer shall approve of it; and the equivalent shall be, for $\frac{1}{2}$ pint of new milk, 1 pint of buttermilk.

Instead of brown bread, that is to say, bread made of the whole meal of wheat,—rye bread may be used, or rye and barley bread, or potatoes; and the equivalent shall be, for 14 ozs. of brown bread, 16 ozs. of rye bread, or rye and barley bread, or $3\frac{1}{2}$ pounds of potatoes, weighed raw; and in like proportion as nearly as may be for other quantities.

The Board of Guardians may, under the advice of the Medical Officer, use other articles instead of any of the above, and the same or other articles in other proportions than the above, whenever the scarcity of any article, the season of the year, or any circumstance affecting the sanitary condition of the inmates shall be deemed to justify such changes or departures from the authorized articles and quantities; such changes and departures being subject at all times, both as to their adoption and continuance, to the approval of the Commissioners.*

It appears, therefore, that although the Guardians are authorized under certain circumstances to vary and increase the dietary of the paupers in their workhouses, they are not empowered to diminish the amount of nutriment allotted to the respective classes in the scale of dietary regulated by the Poor Law Commissioners.

* Article 13 of Workhouse Rules.

In March, 1859, the Poor Law Commissioners addressed a circular letter to every Board of Guardians in Ireland, on the subject of the union dietaries, in which they suggested that under the improved circumstances of the peasantry throughout the country, an improvement in the workhouse dietary might be justified without infringement of the principle that the inmates of workhouses ought not to be better fed, at the expense of the poor rates, than persons maintaining themselves by independent labour; and they proposed, for the consideration of the Guardians, that with a view to the increase of the amount of nutriment given in the course of the week, the equalization of the amount of nutriment on each day, and the introduction of as much variety as possible into the diet, the healthy classes should receive a dinner of meat-soup with bread on three days in the week, on two other days the same quantity of bread with one pint of new milk, and on the two remaining days a smaller allowance of bread with thick rice milk porridge.*

In some unions the minimum scale of dietary, as fixed in 1849, is still in operation; but in many other unions the Guardians have, from time to time, adopted the suggestions of the Commissioners, and have introduced various improvements into the dietaries of the workhouses.

The most important of the changes effected in the dietaries are the addition of a third meal to the dietary of classes 1 and 2—the able-bodied males and able-bodied females—and the introduction of meat as an ingredient of the soup used at the dinner meal of all the healthy inmates on certain days of the week. It must not, however, be understood that the quantity of food given at the third, or supper meal, to the able-bodied classes is in all cases a clear addition to the quantity previously given, when only two meals were allowed. The third meal is usually composed of a part of the food deducted from the breakfast and dinner meals, or an equivalent, with an appropriate addition of liquid as well as of solid nutriment. For instance, in the South Dublin Union Workhouse (instead of 8 ozs. of Indian meal, and $\frac{1}{2}$ pint of new milk for breakfast, and 14 ozs. of brown bread and 2 pints of vegetable soup for dinner) the dietary of the able-bodied adults consists of, for breakfast, 7 ozs. of mixed meal in stirabout, and $\frac{1}{2}$ pint of coffee; for dinner, 10 ozs. of brown bread, or 2 $\frac{1}{2}$ lbs. of potatoes with 1 pint of meat

PART II.—
continued.

Changes suggested by the
Poor Law Commissioners in
1859.

* Twelfth Annual Report of Poor Law Commissioners.

PART II.—
continued.Dietary in use
in the Work-
houses.

soup, or $\frac{1}{2}$ pint of new milk; and for supper, 6 ozs. of brown bread, and $\frac{1}{2}$ pint of tea.

The positive amount of extra nutriment given to each inmate by the addition of meat to the vegetable soup previously in use in the workhouses cannot be accurately ascertained, as the precise quantity of meat of which the soup is made is not stated in many of the dietaries.

Table compiled from the scales of diet in use in the Workhouses of the Poor Law Unions in which the County and Borough Gaols of Ireland are situate.

Counties, &c.	Poor Law Unions.	Healthy Inmates.					
		Classes I. and II. (Adults)			Class IV. (Boys and Girls, 5 to 15 years old.)		
		No. of meals given each day.	No. of days in each week meat in soup is given.	No. of days in each week potatoes are given.	No. of meals given each day.	No. of days in each week meat in soup is given.	No. of days in each week potatoes are given.
Antrim, . . .	Belfast, . . .	3	3	2	3	3	2
Armagh, . . .	Armagh, . . .	3	3	4	3	3	4
Carlow, . . .	Carlow, . . .	3	2	0	3	2	0
Cavan, . . .	Cavan, . . .	3	0	3	3	0	3
Clare, . . .	Ennis, . . .	2	0	0	3	0	0
Cork, . . .	Cork, . . .	2	0	0	3	2	0
Donegal, . . .	Stanhane, . . .	3	0	*	3	0	*
Dowry, . . .	Dowrypatrick, . . .	3	3	0	3	3	0
Dublin, . . .	Dublin, North, . . .	2	3	4	3	2	4
Do., . . .	Do., South, . . .	3	3	4	3	3	4
Fermanagh, . . .	Enniskillen, . . .	3	2	3	3	3	3
Galway, . . .	Galway, . . .	2	0	*	3	3	*
Kerry, . . .	Trillick, . . .	2	0	2	3	0	2
Kildare, . . .	Nisa, . . .	2	2	0	3	2	0
Kilkenny, . . .	Kilkenny, . . .	2	0	0	3	3	0
King's, . . .	Tullamore, . . .	2	2	0	3	2	0
Leitrim, . . .	Carrick-on-Shannon, . . .	2	6	0	3	6	0
Limerick, . . .	Limerick, . . .	3	2	0	3	2	0
Londonderry, . . .	Londonderry, . . .	3	3	0	3	3	0
Longford, . . .	Longford, . . .	2	6	0	3	6	0
Louth, . . .	Dundalk, . . .	3	4	2	3	4	3
Do., . . .	Dragheda, . . .	3	3	*	3	3	*
Maye, . . .	Castlesbar, . . .	2	0	7	3	0	7
Meath, . . .	Trim, . . .	2	2	0	3	2	0
Monaghan, . . .	Monaghan, . . .	3	0	0	3	0	0
Queen's, . . .	Mountmellick, . . .	3	1	0	3	1	0
Roscommon, . . .	Roscommon, . . .	2	0	*	3	0	*
Sligo, . . .	Sligo, . . .	3	0	*	3	0	*
Tipperary, . . .	Netagh, . . .	2	3	0	3	3	0
Do., . . .	Clenamel, . . .	2	3	*	3	3	*
Tyrone, . . .	Omagh, . . .	3	3	2	3	3	2
Waterford, . . .	Waterford, . . .	2	2	2	3	2	2
Westmeath, . . .	Mullingar, . . .	3	6	0	3	6	0
Wexford, . . .	Wexford, . . .	3	0	7	3	0	7
Wicklow, . . .	Bathbarrow, . . .	2	3	0	3	3	0

* Potatoes given occasionally.

The Poor Law Unions in which the County and Borough Gaols of Ireland are situate, are thirty-five in number. The scales of dietary in use in the workhouses of those unions, a tabular statement of which is given on the foregoing page, show that, out of thirty-five workhouses, in eighteen the able-bodied inmates receive three meals per day, and in seventeen only two meals per day. In all the workhouses in Ireland, class 4, which corresponds to the class of juveniles in the prisons, receives three meals per day. In twenty-three workhouses the dietary of the able-bodied inmates includes meat. Of the eighteen workhouses in which three meals a day are given, in thirteen meat is used in the soup, and in five no meat is given. Of the seventeen workhouses in which two meals a day are given, in ten meat is used in the soup.

According to the tabular statement above referred to, it appears that in sixteen out of thirty-five workhouses, meat is given in the soup on at least three days in each week, in six it is given on two days, in one workhouse it is given on one day only, and in twelve meat is not given to the able-bodied inmates. In every workhouse in which meat is given in soup to classes 1 and 2, it is also given to class 4; and in three workhouses in which meat is not given to classes 1 and 2, it is given in soup to class 4 on two or three days per week. Potatoes form a part of the workhouse dietary in eighteen out of thirty-five unions during certain months of the year, and are usually given on three or four days in each week at the dinner meal instead of bread.

The conclusions to be drawn from the foregoing statement appear to be,—that in the majority of the unions the Poor Law Guardians, who are the representatives of the ratepayers of the country, are of opinion that two meals per day are not sufficient to sustain a working man or woman;—that animal food, as meat in soup, ought to form part of the diet of the able-bodied inmates of workhouses on certain days of the week; and that the use of potatoes, or other fresh vegetables is essential to the maintenance of the health of the poor committed to their charge. We would observe, however, that when instituting a comparison between the dietaries in use in the workhouses and those in the gaols, it must not be forgotten that the pauper inmates of workhouses are supposed to have been, previously to their admission, in a state of destitution; while a large number of prisoners in gaols have been, up to the time of their incarceration, well fed,—many

PART II.—
continued.
Dietary in
Workhouses.

of them dissipated persons not in the habit of denying themselves any indulgence—and consequently less able to endure, without injury to health, any very considerable or long-continued diminution in the daily amount of nutriment allotted to them.

PART III.
Dietary in
County and Bo-
rough Gaols in
1849.

PART III.—DIETARY IN COUNTY AND BOROUGH GAOLS OF IRELAND.

The dietary in use throughout the County and Borough Gaols in Ireland was in the year 1849 as follows :—

Breakfast, 8 oz. of meal made into stirabout, with 1 pint of new milk or buttermilk.

Dinner, 1 lb. of good bread, and 1 pint of new milk.

The bread to be composed either—1st, of seconds flour; 2nd, whole wheatenmeal; 3rd, one-half seconds flour, and one-half Indian meal.

The stirabout may consist of—1st, 8 oz. of oatmeal 4 oz. of oatmeal and 4 oz. of Indian meal; 3rd, 6 oz. of either oat or Indian meal and 2 oz. of rice.

In no case is a dietary to consist of two meals of stirabout. At the discretion of the Boards of Superintendence $4\frac{1}{2}$ lbs. of potatoes may be substituted for either of the above-mentioned quantities of bread or stirabout.

Changes made
in Prison diet in
1849.

In that year, as it was represented to the Government and to the Inspectors-General of Prisons that the above dietary contained a larger amount of nutriment than the lower orders were accustomed to receive, either within or without the workhouses, and that consequently offences were committed for the mere purpose of obtaining food in the gaols; the Inspectors-General, with the view of checking crime, were convinced of the necessity of diminishing the amount of food afforded to prisoners. They, therefore, with the assistance of the Commissioners of Health, framed the following scale of prison dietary :—

Class 1.—Males.—Breakfast, 8 oz. of meal in stirabout, $\frac{1}{2}$ pint of new milk. Dinner, 14 oz. of bread and 1 pint new milk. Supper, —

Class 2.—Females.—Breakfast 7 oz. of meal in stirabout, $\frac{1}{2}$ pint of new milk. Dinner, 12 oz. of bread and $\frac{3}{4}$ pint of new milk. Supper, —

Class 3.—Males and Females under 10 years.—Breakfast, 5 oz. of meal in stirabout, $\frac{1}{2}$ pint of new milk. Dinner, 10 oz. of bread and $\frac{1}{2}$ pint of new milk. Supper, 4 oz. of bread, 1 naggin and $\frac{1}{2}$ new milk.

The prisoners included in Class 1 committed for not less than two months *may in cold weather and if employed in exhausting labour* (should it be certified as proper by the medical officer) receive for breakfast $9\frac{1}{2}$ oz. of meal, and for dinner 1 lb. of bread or an equivalent portion of potatoes.

The meal may be Indian meal, or oatmeal, or rye meal; rice may be used instead, but only in conjunction with meal, and then in the proportion of 2 oz. of rice to 6 oz. of meal. Instead of new milk butter-

milk may be used in the proportion of half a pint of new milk to one pint of buttermilk.

The bread shall consist of either of the following substances:—

1. Seconds flour. 2. Half seconds flour and half Indian meal.
3. Whole wheatmeal. 4. Rye meal. 5. Rye and barley meal.

Provided that if rye or rye and barley meal be used the equivalents shall be 16 oz. of rye or rye and barley meal for 14 oz. of wheaten or Indian meal, and also in proportion for the other quantities. Potatoes may be substituted for the stirabout or bread in each meal in the following proportions:—

	Class 1.	Class 2.	Class 3.
Breakfast	3 lb.	2½ lb.	2 lb.
Dinner	4 lb.	3½ lb.	3 lb.
Supper	—	—	1 lb.

It is strongly recommended that as to preserve the health variety of food is as necessary as a full supply, the substitution of potatoes for bread at dinner may be made whenever practicable twice or thrice in each week.

The foregoing dietary was approved of by the Judges of the Court of Queen's Bench, and the Medical Officer of Kilmainham Gaol and Smithfield Government Prison (to whom the question was referred) considered it "to be sufficient."

This dietary was universally adopted and remained unchanged until the following year, 1850, when it having come to the knowledge of the Inspectors-General of Prisons, that acts of vagrancy, and insubordination in work-houses, were committed solely for the purpose of obtaining gaol dietary,—the quantity of milk being the great inducement;—a reduction in the amount of milk issued to prisoners, whose terms of imprisonment did not exceed one calendar month, was determined on, that is, so far as Classes Nos. 1 and 2 were concerned, the reduction not affecting Class No. 3.

The following dietary for prisoners confined for a term not exceeding one month was approved of by the Judges of the Court of Queen's Bench and sanctioned by the Board of Health:—

- Class 1.—Males.—Breakfast, 8 oz. of meal in stirabout, ½ pint of new milk. Dinner, 14 oz. of bread, 1 pint of oatmeal gruel or vegetable soup.
- Class 2.—Females.—Breakfast, 7 oz. of meal in stirabout, ½ pint of new milk. Dinner, 12 oz. of bread, ¾ pint of oatmeal gruel or vegetable soup.
- Class 3.—No change in this class.

In 1851 the Inspectors-General, with the approval of the Judges of the Court of Queen's Bench, of the Board

PART III.—
continued.

Changes made
in Prison diet
in 1849.

Dietary in Gaols
in 1850.

Dietary in Gaols
in 1851.

PART III.—
*continued.*Dietary in Gaols
in 1851.

of Health, and the concurrence of five-sixths of the Boards of Superintendence of County and Borough Gaols, made the following alteration in the prison dietary :—

Class 1.—Males.—Breakfast, 8 oz. of meal in stirabout, $\frac{1}{2}$ pint of new milk. Dinner, 14 oz. bread, 1 pint of gruel two days in the week with intervals. Supper, none.

Class 2.—Females.—Breakfast, 7 oz. of meal in stirabout, $\frac{1}{2}$ pint of new milk. Dinner, 12 oz. of bread, $\frac{3}{4}$ pint of gruel two days in the week with intervals. Supper, none.

Class 3.—Males and Females under 10 years of age.—No alteration in this class.

Dietary in Gaols
in 1854.

In 1854 the Inspectors-General of Prisons found during their inspections, and also by written communications from local authorities, that in consequence of difference existing between the dietaries of the prisons and workhouses, the youthful of both sexes (almost exclusively the males) were induced either to commit offences within the walls of the latter institutions, or immediately upon leaving them, in order to obtain the higher scale of food obtainable in the prison.

In the prison there were only two classes as to age, but in the workhouse there was a subordinate class for those between the ages of 9 and 15 years. The prison allowance for males over 10 years of age exceeded that of the workhouse by 2 oz. of meal and 3 oz. of bread daily.

The Inspectors-General, under these circumstances, recommended in CLASS 3 the substitution of the words, "Males and females under 15 years of age;" instead of males and females under 10 years of age.

The recommendation of the Inspectors-General was approved of by the Judges of the Court of Queen's Bench as well as by the Physician and Surgeon to the City of Dublin Prisons, whose opinion was taken on the subject.

Since 1854 no modification has been made by the Legislature or other authorities in the dietary in use in the County and Borough Gaols in Ireland.

At present Prisoners are divided into three classes:—1st.—Males. 2nd.—Females. 3rd.—Males and Females under 15 years of age.

The scale of diet for each class is laid down as follows:—

Class 1.—Males.—Breakfast, 8 oz. of meal in stirabout, and $\frac{1}{2}$ pint of new milk. Dinner, 14 oz. of bread and 1 pint of new milk.

Class 2.—Females.—Breakfast, 7 oz. of meal in stirabout, and $\frac{1}{2}$ pint of new milk. Dinner, 12 oz. of bread and $\frac{3}{4}$ pint of new milk.

Class 3.—Males and females under 15 years of age.—Breakfast, 5 oz. of oatmeal and $\frac{1}{2}$ pint of new milk. Dinner, not less than 8 oz. of brown bread, and 1 pint of soup. Supper, 4 oz. of brown bread.

The dietary for prisoners whose terms of imprisonment shall not exceed one calendar month is for—

Class 1.—Males.—Breakfast, 8 oz. of meal in stirabout, and $\frac{1}{2}$ pint of new milk. Dinner, 14 oz. of bread, and 1 pint of oatmeal gruel or vegetable soup.

Class 2.—Females.—Breakfast, 7 ozs. of meal in stirabout, and $\frac{1}{2}$ a pint of milk. Dinner, 12 ozs. of bread, and $\frac{3}{4}$ of a pint of gruel, or vegetable soup.

Class 3.—Males and females under 15 years of age.—Breakfast, 5 ozs. of meal in stirabout and $\frac{1}{2}$ a pint of new milk. Dinner, not less than 8 ozs. of brown bread, and 1 pint of soup. Supper, 4 ozs. brown bread.

The prisoners in class 1, if committed for not less than two months, may in cold weather and if employed at exhausting labour (should it be certified as proper by the medical officer), receive for breakfast $9\frac{1}{2}$ ozs. instead of 8 ozs. of meal, and for dinner 1 lb. of bread instead of 14 ozs., or an equivalent portion of potatoes.

The meal may be Indian meal, or eaten meal, or rye meal. Rice may be used instead, but only in conjunction with meal, and then in the proportion of 2 ozs. of rice to 6 ozs. of meal. Instead of new milk butter-milk may be used, in the proportion of 1 pint of the latter to $\frac{1}{2}$ a pint of the former.

The bread shall consist of either of the following substances:—1. seconds flour; 2. half seconds flour and half Indian meal; 3. whole wheat meal; 4. rye meal; 5. rye and barley meal.

Provided that if rye or rye and barley bread be used, the equivalents shall be 16 ozs. of rye or rye and barley bread for 14 ozs. of wheaten or Indian meal, and also in proportion for the other quantities.

Potatoes may be substituted for the stirabout or bread, in each meal in the following proportions:—

	Class 1.	Class 2.	Class 3.
Breakfast,	3 lbs.	2 $\frac{1}{2}$ lbs.	2 lbs.
Dinner,	4 lbs.	3 $\frac{1}{2}$ lbs.	3 lbs.
Supper,	—	—	1 lb.

PART III.—
continued.

Dietary in Gaols
in 1854.

PART IV.

Question as to
sufficiency of
present diet in
Gaols.

PART IV.—INQUIRY AS TO THE SUFFICIENCY OF THE DIETARY IN USE IN GAOLS IN IRELAND.

Such being the dietary established by law, previously sanctioned and approved by medical authorities, the question arises:—whether this dietary is sufficient to maintain prisoners undergoing sentences of hard labour in such a state of health during their confinement, as will enable them when leaving gaol to earn their bread, instead of again becoming criminals, or seeking relief at the workhouse, and in either case burdening the ratepayers.

With a view of ascertaining the opinions of those who have had practical experience of the gaol dietaries, one of the queries submitted to the Surgeons and Governors of all the County and Borough Gaols in Ireland was:—whether they considered the dietary at present in use sufficient or insufficient?

PART IV.—
*continued.*Replies from
Gaol authorities

Now, of the thirty-nine Governors of gaols, thirty-two state in their replies that the present scale of dietary is insufficient; some of these gentlemen modify their statements, but their opinions, without exception, are in favour of an increased amount of food to prisoners under their charge.

It must be borne in mind that generally the views of Governors of gaols, as to the insufficiency of food, do not apply to prisoners who have to undergo short sentences, *i.e.*, whose period of imprisonment does not extend beyond one calendar month.

With the exception of two, all of the Surgeons who have the medical superintendence of the thirty-nine County and Borough Gaols in Ireland, testify to the insufficiency of the existing scale of prison dietary.

The replies of the Governors and Surgeons of gaols do not always agree; thus the Governor of the Clare County Gaol, at Ennis, states that the diet is "sufficient," and offers no recommendation; while the Surgeon distinctly states that the diet is insufficient. Again, the Governor of Cavan County Gaol states that the food is insufficient, and recommends animal food once or twice a week, as he has known prisoners to faint from the long fast; while the Surgeon of the same gaol states that the dietary is sufficient; but at the same time recommends a light supper. The Governor of the County of Fermanagh Gaol considers the diet sufficient and recommends no change; the Surgeon, though he looks upon the amount of food sufficient, still recommends a light supper.

The Governor of Monaghan Gaol considers the prisoners sufficiently fed; so does the Surgeon. Yet the latter recommends an alteration of the hours for meals, or the giving to prisoners a supper. The Governor and Surgeon of Mayo County Gaol, Castlebar, consider that the food allowed to prisoners is ample. The Governor, however, suggests the propriety of substituting bread for potatoes at dinner.

As regards the quantity of food at present supplied to prisoners in the County and Borough Gaols of Ireland, 82 per cent. of the Governors and 94 per cent. of the Surgeons state positively that the present scale of prison dietary is insufficient.

The next point to be considered, and one which hinges closely on the preceding, is the fact of prisoners being allowed but two meals in the day. This involves a fast of

eighteen hours—a fast that cannot in any way be justified. It is a subject that will be entered into more fully when our personal inspection of gaols is dealt with. As regards a supper, thirty-six of the Governors of gaols and thirty Surgeons recommend that meal as necessary. The written evidence of the Governors and Surgeons of gaols, therefore, clearly demonstrates the propriety of introducing a third meal as an important element of a prison dietary.

In answer to query No. 7, “are complaints from prisoners in reference to the quantity or quality of their food frequent;”—the surgeons of twenty-eight gaols state that such complaints are frequent, and that they chiefly refer to the quantity, rarely as to the quality of the food. The Surgeon of the Clonmel Gaol, in which (notwithstanding that it is contrary to the General Prison Regulations) a supper is given, remarks that “complaints were very frequent before the introduction of supper, but almost unknown now.”

It would appear that prisoners complain more frequently to the Surgeons than to the Governors of prisons in reference to the insufficiency of their food. As already stated, the returns from the Surgeons show that complaints were frequent in twenty-eight instances; those from Governors only amount to twenty-one. The Surgeon of the Kerry County Gaol answers the query thus—“Certainly as to quantity, often and often as to quality, the stirabout and water gruel disagreeing with them.” The Governor’s answer to the query is merely “No, as they (*i.e.* the prisoners) know the futility of such.”

As soon as the answers to the queries which had been forwarded to the Prison Authorities were received by the Committee, it was deemed advisable that the members, or as many of them as circumstances permitted, should personally inspect so many gaols as time would admit of prior to the framing of their Report.

The points of inquiry to be elucidated by visiting the gaols, and which demanded their special attention, were arranged under the following heads:—

1. The inspection of the food supplied to prisoners.
2. The number of instances where it was found necessary to order extra diet.
3. The state of health of prisoners, as ascertained by individual examination, and their complaints in reference to the quantity or quality of food.

PART IV.—
continued.

Replies from
Gaol authorities.

Visits of the
Committee to
Gaols.

Objects of
inquiry.

PART IV.—
continued.Objects of
inquiry.

4. The kind and daily amount of hard labour, and the number of hours allowed for sleep.

5. The sanitary condition of the gaols; the number of sick under medical treatment; and the rate of mortality.

6. The opinions of the Officers of Gaols as to an improved scale of dietary for prisoners, and to what extent it should be carried in the event of the amount and nature of the labour in Irish gaols being assimilated to the system adopted in the English gaols, as prescribed by the 28 & 29 Victoria, cap. 126, sec. 19, which is as follows:—

Hard Labour in
Gaols in Eng-
land and Wales.

“Hard labour for the purposes of this Act shall be of two classes, consisting—1st, of work at the tread-wheel, shot-drill, capstan, stone-breaking, or such other like description of hard bodily labour as may be appointed by the Justices in sessions assembled, with the approval of the Secretary of State, which work is hereinafter referred to as hard labour of the first class; 2ndly, of such other description of bodily labour as may be appointed by the Justices in sessions assembled, with the approval of the Secretary of State, which work is hereinafter referred to as hard labour of the second class; and in every prison where prisoners sentenced to hard labour are confined, adequate means shall be provided for enforcing hard labour in accordance with the regulations of this Act. . . . Provided, that employment in the necessary services of the prison may, in the case of a limited number of prisoners, to be selected by the Visiting Justices, as a reward for industry and good behaviour, be deemed hard labour of the second class.”

The 34th rule in Schedule 1 of the Act, directs that—

“Every male prisoner of sixteen years of age and upwards, sentenced to hard labour, shall, during the whole of his sentence, where it does not exceed three months, and during the first three months of his sentence where it exceeds three months, be kept at hard labour of the first class for such number of hours, not more than ten or less than six (exclusive of meals), as may be prescribed by the Visiting Justices, and during the remainder of his sentence shall be kept in like manner at hard labour of the first class, except where during such remainder of his sentence the Visiting Justices substitute hard labour of the second class for hard labour of the first class: Provided that if the surgeon certifies any such prisoner to be unfit to be kept at hard labour of the first class during the whole or any part of the prescribed hours, such prisoners shall, during such whole or part of the prescribed hours, be kept at hard labour of the second class, unless the surgeon certifies that such prisoner is unfit to be kept at either class of hard labour during the whole or any part of such hours. . . .”

And, according to rule 35—

“Every male prisoner under the age of sixteen years sentenced to hard labour, and every female prisoner sentenced to hard labour, shall be kept at hard labour of the second class during such number of hours, not more than ten or less than six (exclusive of meals) in each day, as may be prescribed by the Visiting Justices, unless the surgeon certifies that he or she is unfit for hard labour.”

Gaols visited.

The gaols visited were the following:—Naas, Belfast, Downpatrick, Dundalk, Enniskillen, Derry, Lifford, Mo-

naghan, Cork City, Cork County, Limerick County, Limerick City, Waterford, Kilkenny, Kilmainham, Richmond Bridewell, Grangegorman Penitentiary, Galway County, Galway Town, Tullamore, Castlebar, Roscommon, Mullingar, Omagh, and Wexford.

PART IV.—
continued.

1. As regards the quality of food it was (with some rare exceptions) found to be very good—the bread and porridge especially so, as was the milk in the majority of cases; for gruel the amount of oatmeal used to the pint of water varied, thus, in the Roscommon Gaol, the gruel was made with 2 oz. of meal to one pint of water, while in the Wexford Gaol the pint of gruel contained but $\frac{1}{2}$ oz. of meal.

Quality of Food.

The exceptional quality of the food mostly referred to the milk (a very important element of the dietary), that supplied to the Castlebar Gaol was very bad: it was examined on the 26th and 27th of last December, and was found to be, on both occasions, wretched. The contract price, it may be added, was 5d. per gallon.

In Belfast Gaol, and in Downpatrick, the milk was indifferent, though the contract price in the former was 10½d., and in the latter 10d. per gallon.

In the several Gaols visited the number of prisoners on extra diet was not remarkable, with the exception of the Richmond Bridewell, in which out of 230 prisoners 215 were receiving extra diet—of these, 24 received 8 oz. of beef in soup on three days in the week; and 4 of the latter received, in addition, 1 lb. 7 oz. of bread daily for supper.

Extra Diet.

3. The majority of the prisoners looked healthy—none of them appeared exhausted by the amount of labour undergone. The complaints as to the quantity of the food, and the weakness resulting from the long fast from dinner to breakfast, were very frequent. As to the quality, the complaints were few. In Castlebar Gaol most of the prisoners complained of the quality, and not without cause. In some instances, complaints were made respecting the nature of the food, which nevertheless was found on inspection to be of excellent quality.

Health of Prisoners.

4. With reference to hard labour it is by no means rigidly enforced in any of the Prisons which we have visited. The want of uniformity in the system was very apparent. In only two or three instances did we observe anything approaching to real hard labour, while in many others it was merely nominal.

Hard labour not rigidly enforced in Irish Gaols.

In the gaols of Belfast and Cork (County), though the labour is not very severe, still the prisoners are obliged

Remunerative labour.

PART IV.—
continued.
Remunerative
Labour.

to work, and work well. In the former gaol the work of the prisoners produces no less than £1,300 per annum; the laundry, which is admirably conducted, contributing £600 per annum. All the prison authorities in Belfast are in favour of remunerative labour; they are strongly opposed to the introduction of the tread-wheel, crank labour, or shot-drill; not so as to stone-breaking, since they received for the stones broken by the prisoners last year £270.

Cleanliness of
Gaols and Sanitary
Condition.

The number of hours allowed for sleep is about nine.

5. The cleanliness of the gaols was remarkable, and the sanitary condition good; the majority of the hospitals were unoccupied, and the mortality during the last five years was trifling.

Recommendations of Officers
of Gaols as to
Introduction of
Meat in Soup.

6. Nearly all the officers of the gaols visited, are of opinion that in the event of hard labour (similar to that enforced in English gaols) being introduced into the county and borough gaols of Ireland, an addition of meat in soup to the present dietary would be necessary.

The result of our inspection shows—

General results
of Inspection.

That with one or two exceptions the quality of the food supplied to the prisoners was very good.

That the diet, though scant, has not materially injured the health of the prisoners:—more than this, some prisoners, who had nearly completed long sentences, stated that their health had improved during their imprisonment.

That the condition of prisoners as regards clothing, bedding, and lodging is far superior to that of the small farmer or labourer.

PART V.

RECOMMENDATIONS OF
COMMITTEE.

Mixed diet.

PART V.—RECOMMENDATIONS OF THE COMMITTEE.

It will be enough in reference to prison dietaries if we adopt the opinion in which the best writers agree, that unless under exceptional circumstances a mixed diet is the one natural to man. And although the chemical elements necessary for the support of life, by repairing or preventing the waste of the body, may be found in a vegetable diet, yet, even in the use of vegetable food, the system seems to require a certain admixture; for though the same elements are employed, they exist originally in different combinations, so that there is a variation in quantity in these original elements, and, consequently, a variation in the quality of the food.

Ascending a step higher we come to the admixture of animal and vegetable food, and the animal, differing as it does from most vegetable food, in having a greater proportion of flesh-making elements, presents also its remaining constituents in varying proportions and consequent combinations. It is clear that if variations of the elements of food as to quality be best fitted to support the vigour of the body, the admixture of the animal with vegetable food, in proportions varying according to circumstances is to be desired.

PART V. —
continued,
Mixed diet.

That a diet to a great degree of a vegetable nature is sufficient for the mechanical work of the agricultural labourer, seems to be admitted; yet it cannot be said that the experiment of complete restriction to vegetable food for this class has been fairly tried, at least in this country. Milk, in the form of fresh milk or buttermilk, has long been used by the free labourer, and it has been already shown that a certain amount of some kind of animal food is employed, the frequency of its use, of course, varying with the rate of wages, and the general prosperity of the district.

It appears to us that in proposing dietaries for the different classes of prisoners in the Irish Gaols, it is unnecessary to overload our Report with details as to the elementary analysis of the food recommended. For the questions as to what amount and what quality of food may be necessary to support health, by addition of material or by prevention of the waste of the body under a given amount of labour, seem to depend on considerations to a great degree apart from those relating to its elementary analysis.

Inutility of
considering the
ultimate analysis
of Food.

In this inquiry we gain little in a practical point of view by determining the actual amount of nitrogen, carbon, oxygen, and hydrogen which are supposed necessary for the support of life under varied circumstances; were we to do so we should have to deal with differences of opinion among scientific men. If these elements were administered in their simple state, and in a supposed due proportion, they would in no case support life. But when taken in most of the forms of combination in which they exist in animal and vegetable matter they become nutritive. Hence the question is rather more as to the quantity and quality of food than its ultimate elements. It is more a question what kind and amount of food is proper, than what relative amounts of nitrogen and carbon, of oxygen and hydrogen should be given. The human digestive

PART V.—
continued.

Inutility of
considering the
ultimate ana-
lysis of Food.
Quantitative
analysis.

and respiratory systems are laboratories no doubt, but they are living laboratories, and so, purely chemical considerations are, at least at present, insufficient to explain their results.

Proximate
analysis.

And even if we were to give the absolute quantities of these elements in each article of food, together with their cost as related to these quantities, we should not necessarily arrive at any correct notion of the nutritive value or the relative cost of the food, inasmuch as all these elements may exist in combinations whose dietetic properties, whether as regards the addition of material or the prevention of waste, are held to be of the lowest value; while the expense of various articles of food of the same, or of very similar ultimate composition, may be very different. For similar reasons we do not think it necessary to deal with even the proximate analysis, as such could merely give, in relation to the nutritive character of a dietary results which would be only approximative, and would furnish no means of estimating the cost. Besides the amounts of albuminous, starchy, or oily matters, there are other substances necessary for the support of life, and these are presented in varying quantities, especially in vegetables, so that in the end experience will have to be resorted to; and as in the case of the ultimate analysis in relation to food, so in that of the proximate, there are wide differences of opinion among scientific men.

Diet best
adapted for
Prisoners.

In determining the question as to what would be the food best adapted for this or that class of men, other and more important considerations come in. A mixed diet is natural to civilized man. It has made us what we are from generation to generation. Yet, taking men in families or masses, we recognise that there is in man a power of accommodation in his system as to the food which is to supply him for the wants of the four kinds of work indicated by Professor Haughton, the vital, calorific, mental and mechanical work. That power seems to depend, among other things, on the attaining a balance between the influence of a direct addition to the system, and that which acts in retarding the waste of the body; for some foods appear to act in the first, and some in the second way. And though it must be admitted that for the higher amounts of mechanical work, that is of work requiring a great expenditure of muscular strength, a larger proportion of more nourishing food is required; yet the

influences of habit, of exercise, and of hereditary disposition must never be lost sight of.

But the practical question arises, what is to be the fitting diet of the prisoner condemned for varying periods of time to hard labour? The answer would seem to be that if the hard labour exceed that of the free labourer, under ordinary circumstances, it ought to be better than that of the free labourer; yet it is a question whether the free labourer does not often undergo an amount of labour greater than that of the condemned prisoner. As a general rule, however, at least in countries other than Ireland, the greater the exertion the more nutritious is the diet. Now, although it appears as the main result of the researches of European physiologists that the greatest health, power, and activity of body is produced by a mixed diet, *i.e.* a diet partly animal and partly vegetable; it must not be forgotten that although more than one reduction in the prison's diet has taken place since 1849; and though the reduced scale, with occasional exceptions has been ever since employed, the health of the prisoners cannot be said to have been injured.

PART V.—
continued.

Diet best
adapted for
Prisoners.

In our various inspections of the County and Borough Gaols nothing was more striking than the healthy appearance of the inmates, even of those who had undergone long sentences. The hospital returns showed the rarity of illness, and the mortality was extremely small, and commonly confined to cases of lunacy or accident; yet the diet, with the exception of milk, was exclusively farinaceous, consisting almost uniformly of bread, oatmeal and Indian meal porridge, and, as a rule, at the rate of only two meals in the day which implies the fast of eighteen out of twenty-four hours.

Healthy appearance of
Prisoners.

In this matter, however, two points are worthy of notice.

1st—That the quality of the different articles of food was in the great majority of cases good.

2nd—That hard labour is not carried out in the Irish gaols with much severity; while such prisoners as are employed in attendance on dangerous lunatics, and in works such as the erection of buildings—or show any falling off in condition—are commonly allowed extra diet.

That the good quality of the food employed has had its influence on the health of the prisoners may safely be admitted, and this exemplifies the truth of the dictum that the best rule for diet is that it should be sparing but good.

PART V.—
continued.

Healthy ap-
pearance of
Prisoners.

Yet that other circumstances concur in promoting the health of prisoners in the Irish gaols, is obvious. They are exempted from the effects of bad ventilation, cold, and damp; they have good beds, personal cleanliness is attended to, and the evils of intoxication rendered impossible.

The allowance of extra diet in the Richmond Bridewell was found to be much larger than that in any other prison that we inspected. Yet the physical health of the inmates of this prison did not appear to be in any respect superior to that of prisoners in other gaols. Allowance must be made however for the circumstance that the inmates of this prison were, in a large proportion, taken from the ill-ventilated streets and lanes of Dublin, and belonged mostly to the dissolute classes of society.

Returns of
Sickness and
Mortality in
Irish Gaols,
1849 to 1867.

Through the courtesy of the Inspectors-General of Prisons in Ireland we have been furnished with returns from each of the County and Borough Gaols, showing for each of the years 1849 to 1867 inclusive, the total number of prisoners in custody, the number in gaol hospitals, and the number of deaths.

From these returns it appears that during the nineteen years over which they extend, there were in custody in the County and Borough Gaols of Ireland (exclusive of debtors and dangerous lunatics), an annual average of 55,900 prisoners, or 1 in every 104 of the population;* the annual average number confined in the gaols in the province of Leinster, was 24,839, or 1 in 59; in those of Munster, 17,391, or 1 in 87; in those of Connaught, 4,944, or 1 in 185; and in the gaols of the province of Ulster there were confined during the nineteen years an annual average of 8,726 prisoners, or 1 in 219 of the population.* It may be well to remark that the above numbers are not to be taken as representing the number of committals in each year, but as giving the total number of prisoners in custody during each year, many of them having been re-committed several times during a year, and consequently enumerated on each occasion. The Inspectors-General, in their 44th Report, referring to the subject of re-commitments, observe that they are "owing to the greater proclivity of females, for the most part prostitutes, to recur to gaol," and that they ascertained that "one-third of the females and one-eleventh of the males in custody during 1865 underwent more than *one* imprisonment within the year."

* According to the Census of 1861.

The average annual number of prisoners and the localities in which they were imprisoned have not, however, so much concern with the subject under our consideration as the comparative number of receptions into the gaol hospitals and the ratio of mortality during the several years embraced in the returns during which different scales of dietary were adopted in the prisons; therefore the following Table, which is compiled from these returns, has been divided into periods in accordance with the time during which the several scales of dietary, before referred to in this report, were in use.

PART V.—
continued.

Returns of
Sickness and
Mortality in
Irish Gaols.

TABLE, showing by Periods, for the years 1849-67, the Estimated Population in Ireland, the total number of Prisoners* in Custody during each year, in the County and Borough Gaols of Ireland, the number in Gaol Hospitals, and number of Deaths; also the ratio of Prisoners to Population, and ratio of those in Hospital, and of Deaths, to total number of Prisoners.

Years.	Estimated Population, middle of each year.	Total number of Prisoners in Custody during the year.*	Number in Gaol Hospitals. ^A	Number of Deaths.	Ratio of Prisoners to Population.	Ratio of number in Hospital to total number of Prisoners.	Ratio of Deaths to total number of Prisoners.
1849,	7,256,314	118,563	11,360	1,167	1 in 64	1 in 10	1 in 97
1850,	6,877,549	119,540	8,537	510	1 in 58	1 in 14	1 in 234
1851,	6,514,473	115,918	8,511	425	1 in 56	1 in 14	1 in 270
1852,	6,336,839	96,602	7,416	187	1 in 66	1 in 13	1 in 317
1853,	6,198,984	78,546	6,331	131	" 79	" 22	" 358
1854,	6,063,123	64,236	5,081	68	" 95	" 13	" 191
Average, 1852-54,	6,396,352	79,755	6,279	129	1 in 78	1 in 18	1 in 618
1855,	6,014,665	52,360	4,556	75	1 in 115	1 in 11	1 in 698
1856,	5,972,851	43,948	3,585	42	" 130	" 13	" 1,094
1857,	5,919,454	42,608	3,408	35	" 141	" 12	" 1,200
1858,	5,890,814	36,109	2,686	21	" 163	" 13	" 1,719
1859,	5,951,711	35,675	2,410	22	" 174	" 14	" 1,082
1860,	5,920,960	32,302	2,210	19	" 180	" 15	" 1,700
1861,	5,788,415	31,489	2,114	22	" 184	" 15	" 1,632
1862,	5,784,527	33,763	2,474	23	" 171	" 14	" 1,469
1863,	5,739,519	33,630	2,688	36	" 161	" 14	" 590
1864,	5,675,907	34,321	2,323	10	" 165	" 15	" 1,907
1865,	5,641,086	34,136	2,007	25	" 165	" 17	" 1,266
1866,	5,582,625	30,630	1,769	19	" 182	" 17	" 1,512
1867,	5,557,196	31,404	1,639	21	" 177	" 19	" 1,495
Average, 1855-67,	5,700,398	36,448	2,599	59	1 in 159	1 in 14	1 in 1,221

* Debtors and Dangerous Lunatics are not included in this Table.

PART V.—
continued.Returns of
Sickness and
Mortality in
Irish Gaols.

An examination of the foregoing table shows that in the year 1849, notwithstanding a comparatively liberal scale of dietary being in use, the ratio of those in gaol hospitals to total number of prisoners in custody, was as high as 1 in 10, and the number of deaths 1 in 97. It must, however, be borne in mind that this was an exceptional year, when compared with the other years in the table; it immediately followed three years of extreme suffering throughout this country; poverty was doubtless the incentive to the crimes for which many were committed, who, it may naturally be assumed, were received into the various prisons with impoverished constitutions, and probably having contracted diseases incidental to that state, such as dysentery, diarrhoea, fever, &c.; the gaols were overcrowded, and in addition to other calamities, an epidemic of cholera fell upon Ireland in that year, which swelled the bills of mortality in the Gaols.

In the following year (1850), although the scale of dietary was reduced, the ratio of receptions into gaol hospitals to total prisoners was only 1 in 14, and the deaths 1 in 234.

It may, however, be well to remark that very many of the prisoners were sentenced to terms of imprisonment too short for a dietary (although it might be too low) to cause any serious results while the prisoner was under confinement, whatever ill effects might afterwards have resulted.

In 1851 the scale of dietary for adults committed for a term *not exceeding one month*, was further reduced, gruel being substituted for newmilk twice a week; nevertheless, the ratio of receptions into gaol hospitals remained the same (1 in 14), and the ratio of deaths decreased to 1 in 270 of the total committals.

For the following three years (1852-4), the scale of dietary approved of for adults sentenced to a term *not exceeding one month*, remained the same; but a reduction in the dietary for adults sentenced to longer periods took place. The average number of receptions into hospitals for this period (1852-4) was 1 in 13 (in 1853 it was 1 in 12), and the average ratio of deaths for the three years was only 1 in 618; a marked improvement in the relative mortality having occurred during each of the years; thus—in 1852 the ratio was 1 in 517, in 1853 it was 1 in 598, and in 1854 it was only 1 in 931. This improvement may be fairly attributed to the absence of epidemics, and the fact of the gaols not being overcrowded; also to the probability of the prisoners being in a better state of health

on admission, the effects of the "famine period" having nearly passed away.

A further alteration in the prison dietary scale was made in the year 1854, and the scale then adopted has remained in use for the past thirteen years, and upon this scale it is now our duty to report. The period, 1854 to 1867, during which the dietary scale just referred to has been in use, has been on the whole remarkably healthy—the only epidemic of importance being a slight invasion of cholera in 1854, and the recent outbreak of that disease in the latter end of 1866; happily both these visitations passed off without sensibly effecting the death ratio in the Gaols.

The average annual number of prisoners in the several County and Borough Gaols of Ireland in the years during which the present scale of dietary has been in use was 36,448, affording a ratio of 1 in 159 of the estimated population; the average number of receptions into the gaol hospitals was 2,599, or 1 in every 14 of the total prisoners; and the average annual number of deaths was but 30, or 1 in every 1,221 of the prisoners in custody.

Now, were our inquiry confined to the question as to whether the scale of dietary at present adopted in the gaols of Ireland was sufficient to sustain the life of prisoners, doubtless from the foregoing ratio of mortality we should come to the conclusion that it is; but whether it is sufficient to preserve the health of the prisoners unimpaired, does not appear so manifest; for we find, as above stated, that an annual average of 1 in 14 were received into gaol hospitals, notwithstanding that amongst the number of prisoners on which this ratio was calculated, very many are included who were sentenced to very short periods of incarceration; besides this, the prisoners in each gaol are under the inspection of a Medical Officer, who is vested with the authority to order *extra diet* to any prisoner whose state of health he considers to require it, and from the replies of these officers to our query No. 4—"are you often obliged to order extra diet to prisoners not in hospital?"—we must conclude that the Medical Officers have availed themselves frequently of this privilege; however, we will allude to the subject of extra diet more in detail in a subsequent portion of this report.

We have carefully considered the question of reduction in diet as a means of penal correction. It may be looked at from two points of view:—

PART V.—
continued.

Returns of
Sickness and
Mortality in
Irish Gaols.

Punishment
Diet.

PART V.—
continued.

Reduction of
Diet as a
means of penal
correction.

I. As part of the general discipline to which all prisoners are subjected according to their class.

II. As a punishment for infraction of the prison rules. Dietetic punishment is recommended in the report from the Select Committee of the House of Lords (see clause VIII.), but in terms which simply affirm the principle.

To carry out a punishment by extreme reduction of diet for any length of time, we think objectionable; and we further consider that even for short periods the system should be adopted with great caution.

The Governor of a gaol has the power of confining a refractory prisoner to the dark cell for a period not exceeding seventy-two hours, during which time the diet is generally confined to one pound of bread per diem, with water for drink. On the fourth day the prisoner is enlarged and restored to the dietary of his class. But in the event of his non-submission, the Governor may on the fifth day recommit him for another period of three days; and a third punishment may be inflicted after an interval of a day—that is to say, that for twelve days, with intervals of every fourth day, the prisoner may be kept in the dark cell upon bread and water. Should he still prove refractory, he may be committed under the warrant of a Magistrate who is a member of the Board of Superintendence, for a period not exceeding a calendar month; so that it is possible that a prisoner may be confined for thirty-seven days on bread and water. One case has been reported to us where the prisoner, under these circumstances, got twenty-one days of this discipline, after having undergone the three sentences by the Governor for seventy-two hours each. This prisoner continued refractory after all. In a sanitary point of view we hold such discipline to be objectionable, other modes of enforcing prison discipline in extreme cases seem to be requisite; for although men may be found who can without apparent injury bear the great deprivation of food implied in these sentences, yet such cases may be held to be exceptional; and again, though no disease may be developed at the time, the effects of the punishment on the system may be shown at some future period.

Nor would the daily visits of the Surgeon to the prisoner wholly remove the objection. For that officer would not recommend the cessation of the punishment until he found the prisoner ill, that is to say, until mischief was done. It is plain that the frequent repetition of such

punishments, must undermine the health of both body and mind; inducing on the one hand the bodily evils which are produced by defective nutriment, and on the other weakening that power of self-control, which is the sole means of avoiding a repetition of the offence.

Nor do we think it consistent with the character and the objects of medical science, that the Surgeon should be compelled to watch for the time when the punishment can be no longer endured, and so virtually to become, in his own capacity, an assistant to the execution of a sentence.

We are glad to say, however, that in the county and borough gaols of Ireland such punishments are rarely inflicted, and that the sentence is remitted immediately on the submission of the prisoner.

As the punishment of prisoners by restrictions of diet has been recommended by many, so it may here deserve to be noticed that some recommend an improved scale of dietary for the well conducted criminals as a "reward diet." This last system is said to have been adopted in some of the Continental gaols, and in consequence of several who take a great interest in convict life, having directed our attention to this matter, we deemed it worthy of consideration.

In the abstract the doctrine appears most plausible, and to many unacquainted with the criminal classes worthy of adoption. With very few exceptions, the authorities of the gaols which we visited were strongly opposed to anything like the introduction of "reward diets." The Governor of the Enniskillen Gaol curtly stated that he thought "good conduct should be the *rule* and not the *exception* in a gaol." Many said that the introduction of such a system must prove wholly subversive of discipline, give rise to scheming, not only on the part of prisoners, but also on the part of prison officers; and lastly, all admitted that the *worst criminals proved the best conducted prisoners*. From this last, it must be inferred that the old offender would reap all the rewards in diet, and that the prisoner who was sentenced for a first offence, would be placed in a lower grade than the old offender who was consequently more familiar with prison regulations.

Though this argument may not hold good in all cases, still it appears sufficiently cogent to prevent our advocating "reward diets."

What has been termed a "progressive dietary," in other words, the placing prisoners sentenced to hard labour,

PART V.—
continued.

Reduction of
Diet as a
means of penal
correction.

Rarity of such
punishment in
Irish Gaols.

Question of
Reward Diets.

Progressive
Dietaries.

PART V.—
continued.

during the early periods of their incarceration, on the lowest scale of food, has been carefully considered.

We have no hesitation in affirming that such a procedure must be attended with the worst results.

It is at the first period of imprisonment that want of liberty is most keenly felt by the prisoner; there may be remorse for the crime committed which led to the imprisonment, or chagrin at the detection of that crime, a craving for the too frequent stimulants, in short, everything combining to depress the vital powers; then if in addition to these the allowance of food be barely sufficient to sustain life, how can the hard labour sentence be carried out? The prisoner cannot do the work, health fails, the Surgeon is called upon and the inevitable result is extra diet. In the views we hold on this point, we are borne out by the opinions entertained by the great majority of the Surgeons and Governors of the County and Borough Gaols in Ireland.

We have, moreover, the high authority of Dr. Christison and also that of Mr. Thomson, who in their report on the prison dietaries of Scotland, observe, "We hold that hard labour and the depression of mind of convicts do not admit of low dietary rates; and if there is a failure of health and strength in the early months of imprisonment, it is difficult and expensive to restore this class of prisoners to vigour for work."

In proposing alterations of the Irish prison dietary, the subject may be looked at from three points of view, viz.:

Alterations in quantity of food.

Alterations in quality.

Variety in the articles of food.

By the last we mean a variation in food within certain periods of time, so as to avoid the evils of complete monotony of food.

An increase of the dietary has been recommended by most of the Governors and Surgeons of the Irish prisons. The increase which they propose is not great, and merely consists in the recommendation that a third meal in the day should be given, it being considered that the period of abstinence from food between the time of dinner to that of breakfast on the following day is too long. No recommendation for increase of quantity as to the breakfast and dinner in present use has been made to us.

A prison dietary, independently of other considerations,

Proposed
alterations in
the Dietary in
Irish Prisons.

should suffice to preserve health and vigour, but must not from its being in advance as to quantity and quality of the food in common use, act as an incentive to crime.

We shall first deal with the question of the quantity of food; and with respect to the weight of the food at breakfast and at dinner, as at present used, we do not propose any addition, except for prisoners committed for upwards of three months with hard labour; but we are of opinion that two meals in the day are insufficient, and that the addition of a third meal is advisable for all prisoners sentenced to periods exceeding one week.

The practice of using three meals in the day by the agricultural population throughout Ireland is general, except in times of great scarcity, while in many of the union workhouses the giving of three meals in the day is the rule.

Under the present system in Gaols there is a fast of nearly eighteen hours out of the twenty-four, and when the prisoners are put to hard labour before breakfast, they suffer accordingly. We are prepared, therefore, to recommend the addition of a supper to prisoners of every class (with the exception of those committed for "one week or less"); the supper to consist of bread with sweet milk, to be issued at the hour fixed for that meal.

As regards the dietaries of Irish prisons when compared with those of England it must be remembered that the agricultural classes in this country have long been accustomed to the potato, which constitutes a very bulky article of diet. Now, though complaints were seldom made to us by the prisoners as to the quality of their food, yet a greater quantity was often desired, especially by those who had been recently committed. It has been stated that in many cases the condition of the prisoner deteriorated in the earlier periods of confinement, but after a month or six weeks the appearance of good health returned: this circumstance is not to be forgotten. The reports of the medical officers show that little, if any, disease has been induced by the dietary. In two instances, however, of young men admitted in perfect health, a great falling off in condition ensued during the early periods of confinement. These men subsequently got into a state of flabby fatness succeeded by scrofulous enlargement of the glands of the neck.

We are strongly in favour of the introduction of the potato into the prison dietaries. It is right however, to

PART V.—
continued.

Proposed
alterations in
the dietary in
Irish Prisons.

Supper recom-
mended.

Quantity of
food.

Use of potatoes.

PART V.—
continued.

refer to the fact that for years past the potato crop in Ireland has been an uncertain one, and that even in the best seasons the "potato blight" has been met with in some localities; the cost too rises considerably in the summer months, yet by careful storing, or by a fair contract, there seems no reason why this article of food, to which the people have been so long accustomed, should not be provided and given with sufficient liberality. At Castlebar, potatoes are supplied by yearly contract at 4*d.* a stone. It is required that they should be washed before delivery at the prison; and before they are boiled, they are picked by some of the prisoners, and those found to be bad are rejected.

Bulk of Food.

And this opens another consideration, namely the question of the bulk of food. An Irish labourer will often consume half a stone of potatoes at a meal, but if he has *kitchen* with his meal, that is a bit of bacon, or eggs, or salt herring, or dripping, or milk, a quarter or a third of a stone will suffice. Now it is plain that to people accustomed to this bulk of diet, a meal in smaller quantity, even though it might be equally or more nutritious, will not be so satisfying. And this explains the circumstance that there is often at first a falling away in the condition of the inmates of prisons, coupled with an inaptitude to labour, but that after a time the system seems to recover.

Vegetable and
Meat Soups.

We have to propose, in addition to the use of potatoes, other modifications in the prison dietary as established—viz., the introduction of vegetable soup, and, prospectively, of soup made with both meat and vegetables. We also propose to give to certain classes of prisoners tea at the supper meal. These changes will affect both the quality and the quantity of food, and facilitate the carrying out the principle of variety in the diet.

It is the practice at the Westmeath Gaol to give a vegetable soup, and we have found it of most excellent quality; it was composed of oatmeal, onions, carrots, and turnips, with the condiments of pepper and salt. It was hot, savoury, and not thin, and appeared to us a most relishing article of diet.

It is unnecessary for us to dilate on the advantages of a supply of well dressed vegetable food, and in this country it will have an additional value as a substitute for the potato, when that esculent is scarce or of inferior quality.

The meat used for the second form of soup should be fresh beef or mutton. We would prefer the former;

for there is a value with reference to the taste of food independent of its nutritive quality. We recommend that the meat after boiling should be given with the soup, rather than at a subsequent time when cold.

As to what is termed "bone liquor" as a basis for soup, we cannot approve of it. For unless in the case of the hollow bones which contain marrow, the amount of nutritive matter which can be extracted from bones already boiled must be trifling.

With respect to the quality of food to be employed, it is unnecessary for us to state that it should be of the best. To provide bad food, by accepting the lowest tender, must be the worst economy. We have already given our testimony as to the excellent nature of the supplies of bread, meal, and milk, in most of the prisons which we have visited, and have stated our opinion that to this circumstance the good health of the prisoners is in a large measure to be attributed. In two gaols we found the milk poor, in one decidedly bad. Yet in those, as in other places, the duty of inspecting and reporting on the food is entrusted to the Chaplains. We are of opinion that this arrangement requires modification.

In every prison a daily inspection of the food should be made by the Governor or Surgeon, or by both; and as regards the question of milk, every prison should be provided with a lactometer and cream tube. Yet it is obvious that if Boards of Superintendence contract for milk—which has been the only substitute for meat in our prison dietaries—at 40 per cent. under the Market price, no regulation would avail.

The specific gravity of good milk should be from 1028 to 1035, and the lower specific gravity does not necessarily imply an inferior milk, as it may be caused by a larger proportion of cream. Hence the necessity of the use of the cream tube as well as that of the lactometer.

We cannot too strongly insist on the importance of providing good milk. In the Irish as in the Scotch prison dietaries, milk has been the only substitute for meat, and it is much to be regretted that this all-important source of nourishment should be rendered defective by the practice of a false economy, or that the want of a proper vigilance on the part of those whose duty it is to examine the supply, should afford an opportunity for fraudulent adulteration of the article.

In our proposed dietary we recommend an increased

PART V.—
continued.
—
Vegetable and
Meat Soups.

Food to be of
best quality.

Inspection of
Food.

Milk.

Buttermilk.

PAGE V.—
continued.

quantity of newmilk for all classes of prisoners, and that, with the sanction of the surgeon, buttermilk may be substituted at breakfast or dinner; in the proportion of one pint of the latter in lieu of half a pint of the former.

Bread.

We recommend that the bread for prisoners should be made with whole wheatenmeal or with equal parts of wholemeal and seconds flour. In the Westmeath Gaol it was the practice formerly to prepare the bread from the flour ground in the prison, by which a perfectly wholesome bread was obtained. But owing to the great diminution of late years in the number of prisoners who could be employed at the mill, this system has been discontinued.

Stirabout or
Porridge.

We propose that prisoners of all classes should receive for breakfast certain quantities of meal made into stirabout or porridge; the meal may be either oatmeal or equal parts of oatmeal and Indian meal. With regard to the former care should be taken that it has been sufficiently cleaned and dried. In the Westmeath prison there is a mill and kiln for the preparation of oatmeal, by which a supply of the very purest and best article is obtained. The proper drying of the meal insures the safety of its storage as well as its improvement as an article of diet, whether we consider it as to its quality, or the bulk of the mess of porridge for each prisoner; and we see no reason why the Authorities of other Prisons should not adopt the same system which has been the practice in the Westmeath Gaol, where oatmeal is seldom used until it has been made at least twelve months—that at present in use has been in store for a year and a half. The drying gives a greater amount of nutriment for an equal weight of the oatmeal. We have ascertained that 8 oz. of oatmeal, if in good condition, as just described, will weigh about 3 lbs. when made into stirabout.

Indian Meal.

We recommend that Indian meal, when used, should always be in combination with oatmeal. To make a digestible porridge of the admixture of the two meals requires, however, careful manipulation, inasmuch as the Indian meal takes a longer time to cook than oatmeal. The meal from the European maize is to be preferred to that of America.*

In all cases the stirabout or porridge should be served hot.

* See Article—Polenta, Appendix, p. 87.

As to the use of simple gruel, especially as a substitute for milk, we recommend its discontinuance. It is an article not in use by the people, and is only acceptable to prisoners on account of its being served warm. Its nutritive value is of the lowest.

PART V.—
continued.

Stirabout or
Porridge.
Gruel.

Prisoners in Irish gaols are at present divided, with reference to diet, into only two classes—viz., those who are confined for terms not exceeding one calendar month, and those who are undergoing imprisonment for longer periods. *Taking for granted that the English system of Hard Labour, as described on page 18, will be extended to Ireland;*—we propose, in suggesting a dietary for prisoners in the County and Borough Gaols of this country to adopt, up to a certain point, the classification recommended by the Committee appointed in 1864 to inquire into the dietary of Gaols in England, and to divide prisoners sentenced to various terms of imprisonment with hard labour into four classes:—

Classification of
Prisoners.

CLASS I.—includes prisoners sentenced to terms of imprisonment of one week or less with hard labour. This class is chiefly composed of persons confined for drunkenness and its results, assaults, and other disorderly conduct. As a restricted diet for so short a term of imprisonment cannot injure, and is often likely to benefit the health of such persons, we propose to allow to the adult males of this class only two meals daily; the breakfast to consist of 8 ozs. of meal made into stirabout and half a pint of newmilk, and the dinner of 14 ozs. of bread and 1 pint of newmilk. Adult females will also receive two meals daily; the breakfast to consist of 7 ozs. of meal made into stirabout and half a pint of newmilk, and dinner of 12 ozs. of bread and three quarters of a pint of newmilk.

CLASS I.

Prisoners for
one week or
less.

Prisoners of both sexes, under 15 years of age, are to receive three meals per day; viz., for breakfast, 5 ozs. of meal made into stirabout and half a pint of newmilk; for dinner, 8 ozs. of bread and three quarters of a pint of vegetable soup; and for supper, 4 ozs. of bread and half a pint of newmilk.

CLASS II.—includes prisoners sentenced to terms of imprisonment longer than one week, and not exceeding one month. For all prisoners in this class the breakfast meal shall be the same as that of prisoners in class I.

CLASS II.

Prisoners for
more than one
week, and not
exceeding one
month.

Adult males are allowed for dinner 14 ozs. of bread and 1 pint of vegetable soup on three days, and 3½ lbs. of potatoes with 1 pint of newmilk on four days in each week; and for supper, 6 ozs. of bread and half a pint of

PART V.—
continued.CLASS II.—
continued.

newmilk on three days, and the same quantity of bread with half a pint of tea on four days in each week.

Adult females are to receive for dinner 12 ozs. of bread and 1 pint of vegetable soup on three days, and 3 lbs. of potatoes with three quarters of a pint of newmilk on four days in each week; and for supper, 5 ozs. of bread and half a pint of tea on four days, and the same quantity of bread with half a pint of newmilk on the remaining three days in the week.

Prisoners of both sexes, under 15 years of age, shall receive for dinner 8 ozs. of bread and 1 pint of vegetable soup on three days, and 2½ lbs. of potatoes with three quarters of a pint of newmilk on four days in the week; for supper, 5 ozs. of bread and half a pint of newmilk daily.

CLASS III.

Prisoners for more than one month, and not exceeding three months.

CLASS III.—comprises prisoners undergoing sentences of more than one month, and not exceeding three months in duration. The breakfast meal for all prisoners is the same as in classes 1 and 2. For dinner all prisoners receive the same diet as that proposed for class 2, except on Sundays, when adult males will be allowed 14 ozs. of bread and 1 pint of meat soup; adult females, 12 ozs. of bread and three quarters of a pint of meat soup; and prisoners under 15 years of age, 8 ozs. of bread and three quarters of a pint of meat soup. For supper adult males are allowed 6 ozs. of bread and half a pint of tea on five days, and the same quantity of bread with half a pint of newmilk on the remaining two days in each week. Adult females are allowed 5 ozs. of bread and half a pint of tea on five days, and the same quantity of bread with half a pint of newmilk on two days in the week. The supper meal for prisoners of both sexes, under 15 years of age, is the same as for those in class 2.

CLASS IV.

Prisoners for more than three months.

CLASS IV.—includes all prisoners sentenced to terms of imprisonment exceeding three months with hard labour. In the English prison dietary this class comprises prisoners undergoing sentences of more than three, and not exceeding six months; but as we are of opinion that the diet which would be sufficient for a prisoner for six months with hard labour would adequately support him for any longer period, we do not purpose to make any distinct provision for longer sentences.

In this class the adult male will be allowed for breakfast 9 ozs. of meal made into stirabout with half a pint of newmilk, daily. For dinner, 14 ozs. of bread and 1 pint

of meat soup on two days in each week, and on other days the same diet as that allowed to class 3. The supper is the same as that proposed for class 3.

The adult female is to receive 8 ozs. of meal and half a pint of newmilk for breakfast, daily; for dinner, 12 ozs. of bread and three quarters of a pint of meat soup on two days in the week, and on the other days in the week the same diet as that given to class 3; for supper daily the same diet as that allotted to class 3.

Prisoners of both sexes, under the age of 15 years, shall every day receive for breakfast 6 ozs. of meal in stirabout with half a pint of newmilk; for dinner, 8 ozs. of bread and three quarters of a pint of meat soup on two days in the week, and on the other days of the week the same diet as that allowed to class 3. For supper they are to have the same diet as that given to classes 2 and 3.

Untried prisoners who do not maintain themselves, and destitute debtors, should receive the same diet as that recommended for Class III. All prisoners sentenced to terms of imprisonment, without hard labour, for any period not exceeding one week, shall be placed on the diet of Class I.; and prisoners sentenced to any term exceeding a week, without hard labour, shall receive the diet of Class II.

The following table sets forth the dietaries which we recommend for prisoners sentenced to various terms of imprisonment with Hard Labour. We have annexed to the table our suggestions for certain modifications in the dietary for prisoners without Hard Labour, as well as for untried prisoners, and destitute debtors. We have also given directions for the preparation of the various articles of diet.

PART V.—
continued.
—
CLASS IV.—
continued.

Untried
Prisoners and
Debtors.
Prisoners with-
out hard labour

Proposed
Dietary Scale.

[TABLE.

SCALE OF DIETARY proposed for Prisoners sentenced to various

Days of the Week.	Articles of Food.	CLASS I.			CLASS II.		
		One Week or less.			More than One Week and not exceeding One Month.		
		Adult Males.	Adult Females.	Males and Females under 15 years.	Adult Males.	Adult Females.	Males and Females under 15 years.
Breakfast.							
Every day,	{ Meal, ... New Milk, ...	8 oz. $\frac{1}{2}$ pint.	7 oz. $\frac{1}{2}$ pint.	5 oz. $\frac{1}{2}$ pint.	8 oz. $\frac{1}{2}$ pint.	7 oz. $\frac{1}{2}$ pint.	5 oz. $\frac{1}{2}$ pint.
Dinner.							
Sunday,	{ Bread, ... New Milk, ... Vegetable Soup, ... Meat Soup, ...	14 oz. 1 pint. — —	12 oz. $\frac{3}{4}$ pint. — —	8 oz. $\frac{3}{4}$ pint. — —	14 oz. 1 pint. — —	12 oz. 1 pint. — —	8 oz. 1 pint. — —
Monday, Tuesday, and Saturday,	{ Bread, ... New Milk, ... Potatoes, ... Vegetable Soup, ...	14 oz. 1 pint. — —	12 oz. $\frac{3}{4}$ pint. — —	8 oz. — $\frac{3}{4}$ pint. —	1 pint. $\frac{3}{4}$ lbs. — —	$\frac{3}{4}$ pint. 3 lbs. — —	$\frac{3}{4}$ pint. $\frac{3}{4}$ lbs. — —
Wednesday and Friday,	{ Bread, ... New Milk, ... Vegetable Soup, ...	14 oz. 1 pint. —	12 oz. $\frac{3}{4}$ pint. —	8 oz. — $\frac{3}{4}$ pint.	14 oz. 1 pint. —	12 oz. 1 pint. —	8 oz. 1 pint. —
Thursday,	{ Bread, ... New Milk, ... Potatoes, ... Vegetable Soup, ... Meat Soup, ...	14 oz. 1 pint. — — —	12 oz. $\frac{3}{4}$ pint. — — —	8 oz. — $\frac{3}{4}$ pint. — —	1 pint. $\frac{3}{4}$ lbs. — — —	$\frac{3}{4}$ pint. 3 lbs. — — —	$\frac{3}{4}$ pint. $\frac{3}{4}$ lbs. — — —
Supper.							
Sunday,	{ Bread, ... New Milk, ... Tea, ...	— — —	— — —	4 oz. $\frac{1}{2}$ pint. —	6 oz. $\frac{1}{2}$ pint. —	5 oz. $\frac{1}{2}$ pint. —	5 oz. $\frac{1}{2}$ pint. —
Monday, Tuesday, Thursday, and Saturday,	{ Bread, ... New Milk, ... Tea, ...	— — —	— — —	4 oz. $\frac{1}{2}$ pint. —	6 oz. $\frac{1}{2}$ pint. —	5 oz. $\frac{1}{2}$ pint. —	5 oz. $\frac{1}{2}$ pint. —
Wednesday and Friday,	{ Bread, ... New Milk, ...	— —	— —	4 oz. $\frac{1}{2}$ pint.	6 oz. $\frac{1}{2}$ pint.	5 oz. $\frac{1}{2}$ pint.	5 oz. $\frac{1}{2}$ pint.

Unfitted Prisoners who do not maintain themselves, and destitute Debtors, should receive the same diet exceeding a week, shall be placed on the diet of Class I. ; and Prisoners sentenced to

NOTE.—The meal directed in the above Table to be used at breakfast may be oatmeal, or mixed meal following formula:—Add to one gallon of boiling water 8 oz. of oatmeal, blended in a little cold water, 2 lbs. when boiled for one hour it is fit for use—potatoes or carrots may be substituted for turnips. Meat Soup is the boiling point, let it simmer for two hours, then add oatmeal and vegetables as for Vegetable Soup, and or of equal parts of seconds flour and wheaten meal. The tea is to be made with half a pound of tea and one newmilk at breakfast or dinner if the Surgeon approve of the change; and the equivalents shall be for

On the first and last Wednesdays in Lent, and on Good Friday, Roman Catholic prisoners shall have in according to classification.

PART V.—
*continued.*Alterations in
Dietary
recommended
during present
system of hard
labour in Irish
Gaols.

Until the English system of hard labour be introduced into the Irish gaols, the alterations which we would recommend in the present dietary are:—For prisoners sentenced to periods of imprisonment longer than one week, the addition of a third meal or supper of—for adult males, 6 ozs. of bread and half a pint of newmilk; for adult females and juveniles of both sexes, 5 ozs. of bread and half a pint of newmilk; the substitution of vegetable soup (made as directed in the preceding Table) for gruel at dinner, and of potatoes for bread at dinner on three days in the week, whenever they can be procured at a moderate price; the quantities of potatoes to be 3 lbs. for adult males and 2½ lbs. for adult females and juveniles.

Exceptional
diet on certain
days.

Communications having been received by the Inspectors-General of Prisons from several Roman Catholic Chaplains of gaols, and forwarded to us, suggesting the propriety of making a change in the dietary of members of the Roman Catholic Church on the first Wednesday in Lent, the last Wednesday in Lent, and Good Friday, we accordingly recommend in our proposed dietaries the alterations referred to—viz., in place of milk, 2 ozs. of molasses at breakfast, vegetable soup at dinner, and tea without milk at supper, on those days.

Extra diets.

We anticipate that these modifications of the dietary, if approved of by the Government, will in a great measure relieve the surgeons of prisons from the necessity of ordering extra diet to prisoners not in hospital.

It has been represented to us that the power of ordering extra diets would, if exercised beyond a limited degree, interfere with the discipline of the prison by lessening the power of the Governor, and by leading to jealousy, discontent, and attempted deception on the part of the non-recipients of the extra allowance. The surgeon should have the option of recommending a diminution of hard labour or an increase in the allowance of food. We are, however, of opinion, that in all cases of prisoners not in hospital, he should make a record of his advice and the grounds of its recommendation in a book kept for the purpose.

But independently of this, we would in no way counsel any diminution of the powers of the medical officers of prisons, the importance of whose functions both as to the health of the prisoners and the due execution of the law, it is difficult to overestimate. In Ireland, more perhaps than in any country with which we are acquainted, the

surgeon has to perform the difficult and responsible duty of determining questions as to the remission of sentences in consequence of illness, alleged or real; and under these circumstances there is sometimes brought to bear upon him a great pressure from without. Such an officer should be chosen from the best ranks of his profession, and should above all things occupy a perfectly independent and honourable position.

In concluding this report we are desirous of expressing our sense of obligation to the Boards of Superintendence, the Inspectors-General and other Prison Authorities, to the Poor Law Commissioners, and to our numerous Private Correspondents, for their courtesy in affording us their assistance, and for the important information with which they have so freely and kindly furnished us.

PART V.—
continued.
Extra diets.

Conclusion.

We have the honour to be

Your Lordship's

Most obedient servants,

WILLIAM STOKES, M.D.,

(*Physician in Ordinary to the Queen in Ireland;
Regius Professor of Physic in the University of Dublin.*)

JOHN HILL, M.D.,

(*Poor Law Medical Inspector.*)

WILLIAM M. BURKE, FELL. C.P.I.,

(*Physician in Ordinary to His Excellency the Lord Lieutenant;
Medical Superintendent, General Register Office, Dublin.*)

DUBLIN,

18th February, 1868.

APPENDIX

TO

REPORT of the COMMITTEE on the DIETARIES of COUNTY and BOROUGH GAOLS in IRELAND.

QUESTIONS issued by the COMMITTEE to the BOARDS of SUPERINTENDENCE, the GOVERNORS, and the SURGEONS of the COUNTY and BOROUGH GAOLS in IRELAND, and the REPLIES thereto received.

QUERY No. 1.

Query No. 1.

WHAT SCALES OF DIETARY ARE IN USE IN THE PRISON UNDER YOUR SUPERINTENDENCE?

As fixed by the General Prison Regulations.

QUERY No. 2.

Query No. 2.

STATE THE CLASSIFICATION OF PRISONERS WITH REGARD TO DIETARY?

As fixed by the General Prison Regulations.

QUERY No. 3.

Query No. 3.

DOES YOUR EXPERIENCE ENABLE YOU TO FORM AN OPINION AS TO THE SUFFICIENCY OR INSUFFICIENCY OF THE DIET IN USE (EXCLUSIVE OF PATIENTS IN HOSPITAL)? IF SO HAVE THE GOODNESS TO STATE IT.

REPLIES from BOARDS of SUPERINTENDENCE.

Replies from
Boards of
Superintendence.

Antrim County.—The doctor has the power, which he freely exercises to order any addition he thinks proper in any case; with this understanding, we think the present scale sufficient. We have not heard of any prisoners who have been insufficiently dieted, nor have they, as a rule, decreased in weight, but rather the reverse.

Armagh County.—We should think the present scale of dietary insufficient for prisoners sentenced to three months and upwards.

Clare County.—We consider the present diet sufficient.

Cork City.—We recommend that prisoners sentenced to more than four months, with hard labour, to get 4 oz. of bread extra, and half a pint of sweet milk to be deducted from the two pints at present given at dinner; and males and females under 15 years old to get 10 instead of 8 ounces of bread at dinner.

Donegal County.—We consider the fast between dinner and breakfast too long, and recommend a light supper to be given.

Dublin County.—We consider it sufficient in ordinary cases.

Fermanagh County.—We have found it quite sufficient, but consider

Query No. 3.

Replies from
Boards of
Superintend-
ence.

the hours should be changed; viz., breakfast at 9 o'clock, A.M., dinner at 4 o'clock, P.M.

Kilkenny County and City.—The present hours for breakfast and dinner in this prison are 9, A.M., and 3, P.M.; these meals not considered the best division of the 24 hours. We, therefore, suggest that in future breakfast should be as heretofore at 9, A.M.; but that the hour of dinner should be changed to 4, P.M., in winter, and 5, P.M., in summer. And as a greater space of time would then intervene between breakfast and dinner, we would suggest that adult males should receive 10 ounces of mixed oat-meal and Indian meal for breakfast in place of 8 ounces as at present; and for females 8 ounces of same description of meal in place of 7 ounces. The allowance of milk same as at present; but we would not recommend a third meal to be given.

Londonderry County.—No.

Mayo County.—The dietary of the prison is very superior to that of the great bulk of the ratepayers of this county, at whose cost the prisoners are kept, and is amply sufficient to keep them in most perfect health; the Board consider it unnecessary to make any increase to the present scale of dietary, and beg to call the attention of the Committee to the statement made by the Governor of this gaol in reply to Query No. 9 ("Formerly such was the case; but the reduction of diet to the present scale evidently cut off the source of crime"), which statement the Board desire to confirm, and express their entire acquiescence therewith.

Meath County.—We are of opinion that it is insufficient, after two months, for able-bodied prisoners.

Monaghan County.—We consider the dietary ample, with the exception of Class 3 to whom soup or milk might be given at dinner instead of gruel.

Queen's County.—The prisoners' diet for a month or under is sufficient, with the exception of females, who should get the same quantities as males of this class; very many of them are often nurses. Male and female prisoners exceeding a month should get a light supper.

Roscommon County.—We would merely recommend a light supper in addition to present dietary, in case of prisoners under sentence of more than 14 days.

Tyrone County.—Sufficient.

Waterford County.—The Board is of opinion that a third meal, consisting of 8 ounces of bread and half pint of new milk, be given to all adult prisoners in the evening; and that potatoes, twice a week, be substituted for the present dinner of bread.

Wicklow County.—We consider the present scale of diet too low.

REPLIES FROM GOVERNORS OF GAOLS.

Replies from
Governors of
Gaols.

Antrim County.—The females have ample; but I am of opinion that the males should have a few ounces of supper bread, and that those sentenced to three months and upwards should have vegetable soup two days in the week.

Armagh County.—I should consider the present scale of dietary insufficient for prisoners under sentence of three months and upwards.

Carlow County.—I have no reason to think that the present dietary is insufficient; but I would not object to its improvement by the addition of a light supper.

Cavan County.—I consider the food insufficient, and would recommend that a light supper should be given, and also some animal food once or twice a week.

Clare County.—I consider the present diet sufficient.

Cork County.—I do not consider the present dietary sufficient for prisoners undergoing long sentences, especially for males sentenced to hard labour.

Cork City.—I consider that male prisoners, sentenced to long periods of hard labour, should get 4 ounces of extra bread, after four months; and juveniles, 2 ounces extra on admission.

Donegal County.—I have found the dietary of this prison insufficient, inasmuch as I have known prisoners to faint in the morning from exhaustion, consequent on the long fast intervening between the dinner (2.30, p.m.) of one day, and the breakfast (8.30, a.m.) of the following, a period of 18 hours!

Down County.—In consequence of the long interval between dinner and breakfast, I would recommend the addition of a small supper.

Dublin County.—I do not consider the present dietary sufficient for prisoners sentenced to long periods of imprisonment.

Dublin City (Richmond Bridewell).—Having nine years' experience as Governor of two Irish prisons, I am fully of opinion of the insufficiency of diet in use; owing to the want of an evening meal, the fast being too long from dinner to breakfast (16 hours).

Dublin City (Grangegorman Penitentiary).—I am of opinion that the present scale of dietary (which does not provide any food between dinner and breakfast, an interval of 16 hours) is insufficient, except in the case of prisoners committed for a week and under, who are generally of a drunken and disorderly class.

Fermanagh County.—From my experience I am of opinion the present scale of dietary is quite sufficient for healthy inmates.

Galway County.—Insufficient. I think supper ought to be given to those whose sentence exceeds one month. At present the prisoners fast 18 hours; viz., from 3, p.m., until 9, a.m.

Galway Town.—The diet is insufficient in quantity and quality considering the present condition of the country, and the great reduction in crime.

Kerry County.—My experience extends over only four years, during that period I have no reason for considering the dietary insufficient.

Kildare County.—The present scale of prison diet has been under my observation for eight years, and, in my opinion, it is sufficient to maintain ordinary prisoners in health, whose period of imprisonment does not exceed six months, after that period I would advise a small allowance of bread and milk for supper, and a little meat and soup once in each week at dinner, the meat to be further increased to two days in each week after twelve months.

Kilkenny County and City.—I consider a supper would be required for any prisoner exceeding one month; but not for a month or under.

King's County.—My opinion is that the present diet is too scanty to expect men to work on, especially for long confinement.

Leitrim County.—I am of opinion the diet is not sufficient for persons getting long imprisonment.

Limerick County.—I consider that the present diet is insufficient, and that the prisoners should get a moderate third meal; the present breakfast and dinner are, I consider, sufficient as such.

Limerick City.—I believe the present dietary to be sufficient for those confined for one month and under, but for those confined for longer periods I believe the diet is insufficient, and would recommend that a third meal should be given.

Londonderry County.—The dietary is, in my opinion, insufficient, no

Query No. 3.

Replies from
Governors of
Gaols.

prisoner (with the exception of dissipated characters) being turned out in as robust health as received in.

Longford County.—My experience is very short, but I am inclined to the belief that the quantity is not sufficient.

Louth County.—In my opinion the diet at present issued is not sufficient in quantity; the interval between 3, P.M. for dinner and 9 o'clock next morning is too long; a supper is desirable.

Drogheda Town.—It is my opinion that the diet is not altogether sufficient, all become gradually weaker in bodily strength in proportion to their long imprisonment.

Mayo County.—Yes. After seventeen years' experience, I consider the diet in use (subject to rare medical exceptions) quite sufficient; yet the bread instead of potatoes would be preferable, while stirabout is used daily.

Meath County.—I am of opinion that it is insufficient after two months for able-bodied prisoners.

Monaghan County.—I consider the diet sufficient.

Queen's County.—I think the prisoners' diet for a month or under sufficient, with the exception of females, to whom I would give the same quantity as males of this class; very many of them are often nurses. To male and female prisoners exceeding a month, I would give a light supper.

Roscommon County.—Prisoners appeared stout and healthy even after a prolonged imprisonment.

Sligo County.—I am of opinion that the ordinary diet is insufficient for those sentenced to more than a month without hard labour, also for those sentenced to more than a week with hard labour.

Tipperary County (North Riding).—I think it insufficient for prisoners undergoing a long term of imprisonment.

Tipperary County (South Riding).—My opinion is that the present scale of diet is not sufficient, but with the supper ordered by the Medical Officer of 6 ounces of bread and half pint of milk to be an ample allowance.

Tyrone County.—After twenty years' experience, my opinion is that the present dietary is quite sufficient.

Waterford County and City.—My opinion is that the quantity of diet in use is insufficient. Breakfast is supplied at 9, A.M., and dinner at 3, P.M. daily, and the time that a prisoner must be without food; viz., from 3, P.M., on the one day till 9, A.M., on the following day (18 hours), is, I think, too long, particularly as the quantity supplied for dinner is merely sufficient (and in many cases entirely insufficient) for the meal.

Westmeath County.—After twenty-six years' experience, I am of opinion that the diet in use is sufficient, except in the case of male prisoners at hard labour.

Wexford County.—With long imprisoned prisoners it is insufficient.

Wicklow County.—I consider the present scale of diet too low for any class of prisoners.

REPLIES FROM SURGEONS OF GAOLS.

Replies from
Surgeons of
Gaols.

Antrim County.—With respect to the males, I think there might be a slight addition in the form of supper, either in the form of a few ounces of bread or meal made with gruel, with advantage; no increase for females.

Armagh County.—I think the present scale of diet sufficient, with perhaps a light supper of 6 or 8 ounces of bread and half pint of milk for prisoners sentenced to longer periods of imprisonment than three months; and the substitution of potatoes for bread on two or three days in the week.

Carlow County.—I am quite satisfied with the present scale of dietary. I would not object to a light supper.

Cavan County.—It appears to be sufficient, as a general rule, for healthy prisoners; but as it would appear to be more in accordance with present views of Human Physiology, that a light supper should be added to the present scale of dietary in force here, I suggest such.

Clare County.—No. I have never been on Prison diet myself, and my observation does not enable me to form any satisfactory opinion; but upon other grounds I have formed the opinion that the diet in this gaol is insufficient.

Cork County and Cork City.—I am, and always have been, of opinion that the diet is insufficient for prisoners sentenced to long imprisonment, and especially with hard labour.

Donegal County.—In most cases it has been sufficient; but I consider a light supper will be a great improvement, thereby preventing too long a fast.

Down County.—For a long time after my appointment as Medical Officer to Down Gaol, I acted perhaps rather too rigidly on the opinion that it is very desirable, that extra diet should only be given to those on the sick list; and though I have never allowed actual illness to occur for want of nourishment, I have frequently had prisoners much reduced in muscularity, and having constantly pale tongues and gums, with a sluggish state of the bowels. The giving of a surplus of eight ounces of meal bread and half a pint of sweet milk has been an effectual remedy, and some prisoners of long term get some white bread instead of brown.

Dublin County.—I consider there is an insufficiency of food.

Dublin City (Richmond Bridewell and Grangegorman Penitentiary).—In my opinion those imprisoned for more than one month are not sufficiently fed. The imprisonment, however, of juveniles rarely exceeds one month; these offenders are generally sent to reformatories after seven or fourteen days.

Fermanagh County.—I have found the diet in use sufficient to keep healthy prisoners in health, and am satisfied with it, save that I would recommend the addition of a light supper of bread and milk.

Galway County and Galway Town.—The food is insufficient in quantity and nutritive value.

Kerry County.—Strong country agricultural labourers and farmers have come to me and declared I would put them to death if I continued them on the gaol rations; these men were accustomed at home to be fed plentifully each meal, and three times daily.

Kildare County.—I consider it to be insufficient for those whose period of imprisonment exceeds six months, but sufficient for shorter periods if not employed at hard or exhausting labour.

Kilkenny County and City.—I consider that the present dietary is insufficient, and that the addition of a supper to all prisoners committed for terms over one month would be requisite in addition to the two meals allowed at present.

King's County.—It is insufficient.

Leitrim County.—After twenty years' experience I consider the long fast between dinner and breakfast (18 hours) as most objectionable. The present dinner hour, 3.30, p.m., ought to be changed to 2, p.m., and a light supper given at 6, p.m.—say, half a pound of bread and half a pint of milk. I would also give an increase of food at breakfast and dinner to those criminals sentenced to over three months, falling back on the existing scale for the last month of their imprisonment.

Limerick County and City.—The surgeon coincides with the replies given by the Governors of these gaols, with the exception of giving potatoes twice a week, which has not been recommended by the Governor

Query No. 3.

Replies from
Surgeons of
Gaols.

Query No. 3.

Replies from
Surgeons of
Gaols.

of the County Gaol, but which the surgeon considers "would be a very eligible change for the prisoners' dinner."

Londonderry County.—Yes. The diet is in my opinion nearly sufficient, and merely requires alteration as to distribution and arrangement, and division of meals, with perhaps a slight alteration and trifling increase.

Longford County.—It is insufficient.

Louth County.—I think the addition of a light supper desirable; the interval between dinner and breakfast being too long. I therefore suggest seven ounces of bread and half a pint of milk for supper.

Drogheda Town.—In addition to the present diet I would suggest the allowance of a light supper—say, of half a pound of bread and half a pint of milk; and also to substitute potatoes for bread two or three times weekly for dinner. I am of opinion that almost in all cases the prisoners improve in their general health, and this I consider to be owing to the care and attention paid to them; their cells are well ventilated, and a regular temperature kept up; their bedding and clothing are good and sufficient, and the quality of their food is most particularly looked after, and nothing but of the best quality admitted.

Mayo County.—Sufficient if health be good.

Meath County.—I am of opinion that it is insufficient after two months for able-bodied prisoners.

Monaghan County.—From the bodily condition of the prisoners in this gaol, I am of opinion their diet is sufficient. But as the fast from dinner-hour on one day, 3, p.m., to 9 o'clock on the day following is a long one, I think the dinner-hour might be postponed to 4 or 4.30 p.m., probably with some advantage, unless some addition be made in the way of supper.

Queen's County.—Diet at present sufficient for prisoners under one month, except nursing females over one month, I believe a light supper to be desirable.

Roscommon County.—I cannot say that the health of any prisoner has been injured by the diet in use, but I consider it insufficient for the able-bodied.

Sligo County.—I think it desirable in some cases to have a supper—six ounces of bread and half a pint of sweet milk should be given. In other respects the present dietary is sufficient, the Medical Officer having the power to increase the diet under the circumstances stated in reply to question No. 4.

Tipperary County (North Riding).—I think it insufficient for prisoners undergoing a long term of imprisonment.

Tipperary County (South Riding).—I am of opinion that the dietary is insufficient without a third meal or supper, as I consider 18 hours' fast too long to keep the prisoners in good health; and on the 1st of June last I accordingly ordered a small supper to be given to the prisoners; this has been attended by the most beneficial results, the number of cases prescribed for both in and out of hospital having diminished from 15 to 20 per cent. since its introduction.

Tyrone County.—It is quite sufficient.

Waterford County and City.—I am of opinion that the diet is insufficient.

Westmeath County.—I think the diet is sufficient for all prisoners except those for lengthened periods at hard labour, to whom I would give a slight additional allowance; it is right to say that in giving this opinion, the provisions are of the best description in this prison.

Wexford County.—With long imprisoned prisoners it is insufficient.

Wicklow County.—I consider the present rate of diet too low, and the interval of 18 hours between dinner and breakfast too long.

QUERY No. 4.

Query No. 4.

ARE YOU OFTEN OBLIGED TO ORDER EXTRA DIET TO PRISONERS NOT IN HOSPITAL? IF SO, ON WHAT GROUNDS?

Replies from
Surgeons of
Gaols.

REPLIES FROM SURGEONS OF GAOLS.

Antrim County.—I should not say I am. About one in thirteen men, who being tradesmen, and confined more within doors, require more, especially as they are under long sentences; some of the females being in the wash-house, which we consider more severe, are also on extra allowance.

Armagh County.—I have never considered it my duty to do so; I have been solicited to do so at times, but have declined.

Carlow County.—No.

Cavan County.—Never, except for lunatics or lying-in women. I send to hospital all complaining prisoners requiring change of diet or medical treatment.

Clare County.—I am not obliged; but I have occasionally done so, or ordered change of diet; generally on account of their attention to lunatics, or for some other special services or work about the gaol. Sometimes when their constitution seems feeble, or when some disorder of the digestive function exists, and occasionally, on some pretext, when I consider any individual suffering from hunger.

Cork County.—I am frequently, on the grounds of debility and loss of flesh.

Cork City.—Not often; and when I do, on the grounds of long sentences with hard labour, also owing to debility and loss of flesh.

Donegal County.—Occasionally I have, for those imprisoned for long periods.

Down County.—Almost my sole extra diet is the above [reply to query No. 3], except for those in hospital, and all prisoners of three months in gaol get it, and some under three months, but very few get it before at least six weeks in gaol.

Dublin County.—I have been frequently obliged to order extra diet on the grounds of debility and strumous development.

Dublin City (Richmond Bridewell).—Very frequently. Failure of strength caused by the severity of work, and the want of an evening meal; in some instances strumous disease.

Dublin City (Grangegorman Penitentiary).—Very often. Failure of strength from exhausting labour, and the long fast between dinner and breakfast; tendency to struma.

Fermanagh County.—When prisoners are assisting to take charge of dangerous lunatics; also in the case of artisans working at their respective trades.

Galway County and Town.—Yes; many prisoners are unable to use the prison diet.

Kerry County.—To men of the above mentioned description [in answer to query No. 3] I have.

Kildare County.—Yes, on the ground of impaired health, or when engaged in exhausting labour.

Kilkenny County and City.—No, except on the grounds of ill-health.

King's County.—In dyspeptic cases, which are very frequent, and in cases of diarrhoea.

Leitrim County.—I find it absolutely necessary to order extra diet to the able-bodied prisoners after one month's residence in the prison, the more particularly if they are undergoing sentences of hard labour, and chiefly on the principle that "prevention is better than cure."

Limerick County and City.—The Surgeon of these gaols coincides with the replies of the Governors thereof.

Query No. 4.

Replies from
Surgeons of
Gaols.

Londonderry County.—Not often; and when extra diet is ordered I am guided by our judgment and observation.

Longford County.—Frequently; general debility and hard labour.

Louth County.—I am not.

Drogheda Town.—When any derangement of health occurs, I am at once called upon, and if the prisoner is found to suffer from diarrhoea or any lowering complaint, he or she is either sent to hospital, or the diet is changed from buttermilk and coarse bread to new sweet milk and white bread.

Mayo County.—Occasionally.

Meath County.—No.

Monaghan County.—I am not. The only occasions have been in the case of poor unfortunate infants who have been admitted with the mothers.

Queen's County.—Very seldom, though I think the interval between dinner and breakfast too long without food.

Roscommon County.—On some occasions, owing to prisoners being large and robust, and for whom I did not consider the ordinary diet sufficient.

Sligo County.—Yes, if the health and strength fall or weight diminish.

Tipperary County (North Riding).—Yes; from weakness complained of by prisoners, and evidenced by wasting of flesh, vertigo, &c., &c.

Tipperary County (South Riding).—Not in any single instance since the giving of the supper to class 1 and 2 [see reply to Query No. 3]. Before I was frequently obliged to order extra diet, meat included, to prevent prisoners from losing strength, and also to cure disease.

Tyrone County.—Very rarely—in cases of prisoners from the better ranks of life, who have been previously living rather above par, and in cases of extreme age.

Waterford County and City.—Very often; either on account of urgent complaints of hunger, or in the cases of prisoners sentenced to long periods of imprisonment.

Westmeath County.—Hard-labour persons and others, at times, come to gaol, who are weakly and delicate; in such cases it is occasionally necessary to give a small allowance of additional food for a short time.

Wexford County.—With long confined prisoners at trades and at exhausting labour, 14 ounces of brown bread is allowed to male prisoners, three times a week, for supper, by the sanction of the Medical Officer.

Wicklow County.—I am, in every case of long confinement, when I consider the prisoner's health may become impaired.

Query No. 5.

QUERY No. 5.

IS IT YOUR OPINION THAT THE DAILY REPETITION OF THE SAME DIET IS INJURIOUS TO THE HEALTH OF THE PRISONERS?

* REPLIES FROM SURGEONS OF GAOLS.

Replies from
Surgeons of
Gaols.

Antrim County.—I have not found it so.

Armagh County.—I have not found it injurious. Of course variety would be agreeable to inmates of prisons as well as to everyone else.

Carlow County.—No.

Cavan County.—I do not think so—in the instance of this prison.

Clare County.—Yes.

Cork County and City.—I think a variety would be advantageous; but from an experience of 27 years, I think the disadvantage arises from insufficiency and too long intervals. I would suggest that in lieu of oatmeal

soup in the City Gaol, and vegetable soup in the County Gaol, that prisoners sentenced to four months and over, with hard labour, be allowed meat soup twice a week, and all under four months, with hard labour, once a week. The vegetable or oatmeal soup to be continued to all those not sentenced to hard labour. The two days in the week for meat soup to be Thursday and Sunday.

Donegal County.—I have not found it so; but I think the change proposed [potatoes three days weekly] will be beneficial.

Down County.—Not injurious, unless continued for a very long time, and then a very slight variety in food is sufficient.

Dublin County.—It is.

Dublin City (Richmond Bridewell).—After the first few months it appears to be so in some cases. In short imprisonments I have not observed injurious results from this cause.

Dublin City (Grange-gorman Penitentiary).—In long imprisonments (upwards of six months) it sometimes is so. In the shorter terms this has not been observed, as a rule.

Fermanagh County.—I have found the dietary of our gaol sufficiently varied to preserve the inmates in health.

Galway County and Town.—Yes, it requires to be varied.

Kerry County.—There is an eternal sameness in the dietary; in summer it should be changed to potatoes, which is their natural food, and which are then plentiful and cheap. I do consider the eternal sameness of diet injurious; I allude to prisoners who have to undergo one year, or one and a half, or two years' imprisonment.

Kildare County.—Yes, for those sentenced to lengthened periods of imprisonment.

Kilkenny County and City.—It has not been found so in this prison; but I would consider an occasional change advisable.

King's County.—Those confined for long periods suffer from the want of variety in the diet.

Leitrim County.—Yes.

Limerick County and City.—Potatoes twice weekly would be a very eligible change for the prisoners' dinner.

Londonderry County.—The daily repetition of the same diet in this gaol has not been injurious to the health of the prisoners.

Longford County.—Yes.

Louth County.—I have not found it to be injurious to the health of the prisoners; at the same time, I am of opinion, that some variety might be advantageous, say potatoes twice a week instead of bread.

Drogheda Town.—No.

Mayo County.—No.

Meath County.—It is to prisoners of over two months.

Monaghan County.—It does not seem to have proved so here by any means, not even in a single instance.

Queen's County.—Occasionally; but this, I think, can be left to the attention of the Medical Officer, which in that respect will seldom be required.

Roscommon County.—Yes; and though I have not observed any injurious results, yet I consider the diet should vary as much as possible, and that 3 lbs. of potatoes might be substituted occasionally for the 12 ounces of bread at dinner.

Sligo County.—I cannot say there have been any bad effects, but probably potatoes instead of bread two or three days a week might be desirable.

Tipperary County (North Riding).—Yes. I think occasional change of diet would be serviceable.

Query No. 5.
 Replies from
 Surgeons of
 Gaols.

Tipperary County (South Riding).—I consider that a greater variety would be desirable, and would give pea soup instead of gruel for dinner, and cocoa instead of milk for supper.

Tyrone County.—No.

Waterford County and City.—I am of opinion that it is not conducive to their health, and that it ought to be varied.

Westmeath County.—I think not.

Wexford County.—No.

Wicklow County.—I have not found it so in scarcely any instance; the mixed diet of Indian meal and oatmeal for breakfast, and of Indian meal and flour in bread for dinner, I have found to answer admirably.

Query No. 6.

QUERY No. 6.

IS IT YOUR PRACTICE TO INSPECT AND REPORT ON THE NATURE OF THE FOOD SUPPLIED? IF SO, AT WHAT INTERVALS OF TIME?

Boards of
 Superintend-
 ence.

In the replies to this query received from the Boards of Superintendence it is stated that the Chaplains of the gaols daily inspect the food and report thereon, and that the Boards inspect these reports at each of their meetings.

Replies from
 Governors of
 Gaols.

REPLIES FROM GOVERNORS OF GAOLS.

Antrim County.—Yes, daily; the Chaplains also.

Armagh County.—I daily inspect the provisions supplied, and when there is cause of complaint make an entry in my journal to that effect.

Carlow County.—I inspect the food daily, and if reasonable ground of objection exists I report it to the Chaplains, whose department it is exclusively, and who are regular in their inspection.

Cavan County.—I inspect the food supplied every morning, and if not good it is returned.

Clare County.—I inspect all food almost daily, and find it good.

Cork County.—I inspect all food stuffs on arrival from the contractor, and I inspect the prepared food daily. The Chaplains also inspect the food and keep a record of same, which is submitted to the Board of Superintendence at each meeting.

Cork City.—Inspected daily for breakfast and dinner.

Donegal County.—Yes; I inspect every fresh supply of food on delivery at the gaol, and visit each meal issued to the prisoners respecting all complaints.

Down County.—I inspect the food daily, but make no report; this is done by the Chaplains.

Dublin County.—Constantly inspected by me and the respective Chaplains, who make their reports on the authorized form.

Dublin City (Richmond Bridewell).—I inspect the food on delivery daily.

Dublin City (Grangegegan Penitentiary).—I occasionally examine the provisions; but this duty properly belongs to the Chaplains, who inspect the food daily, and record their report thereon for the information of the Board.

Fermanagh County.—The food supplied is daily inspected by one of the Chaplains of the prison before being served, and if any necessity arise I draw their attention and that of the Local Inspector to it.

Galway County.—I inspect the food. The Chaplains are inspectors of provisions, and report daily thereon.

Galway Town.—Yes; but no report made by me.

Kerry County.—It is my practice to inspect the food daily, and enter the result in my journal, which is laid before the Board monthly.

Kildare County.—It is my practice to inspect the food daily. The Chaplains attend twice a week, and the Local Inspector very frequently. In my opinion the Medical Officer and not the Chaplains should be the ex-officio inspector of food.

Kilkenny County and City.—It is, constantly.

King's County.—Yes. I inspect the provisions daily, and report verbally to the Local Inspector if I consider there is any cause of complaint.

Leitrim County.—I inspect the issue of food daily, and when any complaint is made as to quality, I report to the Chaplain, who then inspects the food and directs a change if necessary.

Limerick County.—This is the Chaplain's duty, but I can reject improper supplies, and do so when necessary.

Limerick City.—This is the Chaplain's duty, but I also see the provisions issued daily, and reject same when necessary.

Londonderry County.—I inspect and report upon the food daily.

Longford County.—Yes; daily.

Louth County.—The provisions are examined by the Chaplains in weekly turns. I examine the food also, and if I find it inferior I call the Chaplains' attention thereto.

Drogheda Town.—I inspect the food every day, and return to the contractors any portion of the food that is deficient in quality or quantity.

Mayo County.—Yes; generally twice daily. The Chaplains also inspect with great regularity, and their reports on each article of diet are laid before the Board, and investigated at each meeting.

Meath County.—Yes; daily.

Monaghan County.—Yes; every meal.

Queen's County.—Not unless the food is bad or unfit for use, when I purchase other food, and report it to the Board of Superintendence.

Roscommon County.—Daily; the Chaplains three times a week.

Sligo County.—It is my practice to visit and inspect the breakfast and dinner messes daily.

Tipperary County (North Riding).—Yes; daily.

Tipperary County (South Riding).—I inspect and report on food daily.

Tyrone County.—I see the food daily and should I find any portion bad, I order a fresh supply, and report same to the Board of Superintendence at their first meeting.

Waterford County and City.—It is my practice to inspect daily the nature of the food supplied, and to report on same when not of good quality.

Westmeath County.—I inspect the food daily, and report if necessary.

Wexford County.—It is my constant practice to inspect the food supplied.

Wicklow County.—The provisions are inspected daily by the Chaplains and Governor, and very frequently by the Surgeon.

REPLIES FROM SURGEONS OF GAOLS.

Replies from
Surgeons of
Gaols.

In reply to this query the Surgeons of gaols state that it is not their practice, as it is the duty of other officials, but that they frequently do so when they are called on, or when they have reason to suspect anything wrong.

Query No. 7.

QUERY No. 7.

ARE COMPLAINTS FROM PRISONERS IN REFERENCE TO THE QUANTITY OR QUALITY OF THEIR FOOD FREQUENT?

Boards of
Superintend-
ence.

REPLIES FROM BOARDS OF SUPERINTENDENCE.

This query has been replied to by fifteen Boards of Superintendence; nine have answered in the negative; three say "yes, as to quantity;" two state "very seldom;" and one replies "occasionally."

Replies from
Governors
of Gaols.

REPLIES FROM GOVERNORS OF GAOLS.

Antrim County.—No. Sometimes those unaccustomed to stirabout desire to have bread, and those who may have been on extra allowances when in on former occasions apply for the same.

Armagh County.—Complaints are frequently made by the prisoners of the quantity of food supplied.

Carlow, Cavan, Down, Galway, Meath, Monaghan, and Tyrone Counties, and Cork City.—No.

Clare County.—Very seldom.

Cork County.—Prisoners very frequently complain of not getting enough to eat. Complaints against the quality are not frequent.

Donegal County.—No; quite the contrary.

Dublin County.—Not to my knowledge.

Dublin City (Richmond Bridewell).—Complaints are frequently made in reference to quantity, but rarely any complaints are made by prisoners in reference to quality. Great care is taken to have good food supplied.

Dublin City (Grange-gorman Penitentiary).—No.

Fermanagh County.—Very few complaints are made.

Galway Town.—Almost daily.

Kerry County.—No; as they know the fatality of such.

Kildare County.—Many prisoners apply for supper, and the matter is submitted to the Medical Officer. They never complain of the quality, for none but the best provisions are received into the gaol.

Kilkenny County and City.—Very seldom.

King's County.—Yes, frequently.

Leitrim County.—Frequently as to quantity, but seldom as to quality.

Limerick County.—Frequent as to quantity, but only very occasional as to quality, or rather as to *kissed*, and this almost exclusively of the Indian-meal stirabout, which some find palatable; but those who get a third meal appear to do well on this article of diet, which I am of opinion it would be most advisable to retain as portion of an increased scale, as it is wholesome, and at the same time not calculated to attract persons to prison.

Limerick City.—Frequent as to quantity.

Londonderry County.—We very rarely have any complaints as to the quality of the food, but have constant complaints as to the quantity.

Longford County.—As to quantity, often.

Louth County.—Complaints have been made of the quantity of food, but not frequent until the committal of Fenian prisoners this year.

Drogheda Town.—They frequently complain of the quantity not being sufficient; what they seem to wish most is a few pounds of bread for supper.

Mayo County.—Unfounded at times; well founded, rarely.

Queen's County.—Complaints are made only with respect to quantity.

Roscommon County.—Sometimes; but frequently as to the quality of the milk.

- Sligo County.*—Prisoners sometimes complain of the quantity of food. Query No. 7.
Tipperary County (North Riding).—Yes, frequently as to quantity ; sometimes as to quality. Replies from
Governors of
Gaols.
Tipperary County (South Riding).—No complaints of the quality of the food, but very many as to the quantity until the supper was given ; no complaints now.
Waterford County and City.—The quality is very seldom, if at all, found fault with, but the quantity is very often complained of.
Westmeath County.—Not frequent as to quality, but often as to quantity.
Wexford County.—Sometimes as to quality, frequently as to quantity.
Wicklow County.—Infrequent as regards the quality, but frequent as regards the quantity.

REPLIES FROM SURGEONS OF GAOLS.

- Carlow, Donegal, Fermanagh, Kilkenny, Mayo, and Meath Counties.*—No. Replies from
Surgeons of
Gaols.
Cork County, Down County, Dublin County, Dublin City (Richmond Bridge- wall and Grangegorman Penitentiary), King's County, Tipperary County (North Riding), and Wexford County.—Occasionally as to quality, frequently as to quantity.
Astoria County.—Old prisoners (i.e., reconvicts) are the chief applicants—having enjoyed extras on former occasions—for quantity. A few find the food disagree, becoming acid, &c.
Armagh County.—Such complaints are very infrequent, but I have not seen reason to admit their sufficiency when made.
Cavan County.—Very infrequent, in fact, I do not at this moment remember such a thing occurring for a long period.
Clare County.—Complaints as to quantity were extremely rare. I remember only three or four cases in twenty years ; but since Lord Mayo referred to the subject in the "House" such complaints have been very frequent. As to quality I make a distinction. I have never heard complaints as to the quality of the articles of the food ; but now prisoners very often complain of the kind of food.
Cork City.—Scarcely ever as to quality, and seldom as to quantity.
Galway County and Galway Town.—Yes ; almost daily.
Kerry County.—Certainly as to quantity often, and oftener as to quality, the stirabout and water gruel disagreeing with them ; in such cases vomiting has often happened, and pyrosis, or water-brash, in some cases.
Kildare County.—Applications for supper are very numerous. No complaints as to quality of food have been made to me, except in cases when it was stated to disagree.
Leitrim County.—Yes.
Londonderry County.—Never.
Longford County.—Frequently, as to quantity.
Louth County.—Complaints were infrequent until the committal of the Fenian prisoners to Dandalk Gaol from Kilmainsham.
Monaghan County.—No complaint of this nature has been made in my time. The great loss the prisoners complain of is the want of tobacco.
Queen's County.—Only complaints of stirabout, not as improperly prepared, but as disagreeing ; in these cases I inquire into the truth of statement, and, if necessary, order other food.
Roscommon County.—Yes ; as to the quantity of solid food, and the quality of the milk.
Sligo County.—Not very frequent.
Tipperary County (South Riding).—Very frequent before the introduction of supper, but almost unknown now.
Tyrone County.—Very infrequent.

Query No. 7.

Replies from
Surgeons of
Gaols.

Waterford County and City.—Yes; especially as regards the quantity.
Westmeath County.—Not frequent; sometimes complaints are made as to quantity. Men are in prison at times, whose wants could not be expected to be satisfied in a gaol.

Wicklow County.—Very rarely as regards the quality, but frequently as regards the quantity, if the latter be not supplemented by the Medical Officer.

Query No. 8.

Boards of
Superintendence.

Replies from
Governors of
Gaols.

QUERY No. 8.

HAVE YOUR PRISONERS SUFFERED FROM DISEASES USUALLY ASCRIBED TO INSUFFICIENT OR UNSUITABLE DIET? If so, DID SIMILAR DISEASES AT THE SAME TIME PREVAIL AMONG THE POPULATION OUTSIDE THE PRISON?

BOARDS OF SUPERINTENDENCE.

The replies received from Boards of Superintendence to this query are all in the negative.

REPLIES FROM GOVERNORS OF GAOLS.

Twenty-three Governors of gaols have replied simply in the negative to this query; the remaining sixteen reply as follows:—

Cavan County.—No; but I have frequently seen prisoners faint in the morning, which I attribute to the long fast from 3 o'clock, P.M., the previous day, to 9 o'clock, A.M., and it principally occurred with prisoners who were only a short time in gaol.

Cork County.—Within my experience (nearly eighteen years) a half dozen or so of prisoners, who were for some time confined, have been attacked with scrofulous diseases in the prison, which I attribute to the diet, in conjunction with the depressing effects of imprisonment. I have also noticed that many male prisoners lose flesh. I can offer no opinion as to diseases prevailing outside.

Dublin City (Richmond Bridewell).—I am not aware of any diseases from which the prisoners suffered in consequence of insufficient or unsuitable diet. My experience is that gaols are generally most healthy. I have frequently found prisoners to feign illness by malingering, &c., for the purpose of getting into hospital where better diet is given, or to get put on supper bread.

Dublin City (Grangegegan Penitentiary).—I would refer to the Medical Officer's reply to this query, as my connexion with this prison is too short to enable me to form an opinion.

Fermanagh County.—The prisoners have never suffered here from insufficient diet. We have not had a death for more than six years.

Galway Town.—I cannot answer this query; the Surgeon can best do so.

Kildare County.—Modified as the dietary is by the Medical Officer I have not observed that prisoners have ever suffered from diseases ascribed to insufficient or unsuitable diet. The prisoners, except worn-out lunatics, are very healthy.

King's County.—Yes; there have been scurvy, diarrhoea, and sudden attacks of bowel complaints from the unsuitableness of the present diet, when there were no such cases outside the prison.

Limerick County.—A few prisoners have been sometimes attacked with diarrhoea. At such times all oatmeal gruel has been stopped, and milk used instead. I believe such attacks have generally occurred when a similar disease prevailed outside the prison.

Londonderry County.—I do not think that we have any cases of scrofulous diseases originating inside the gaol. We, at times, receive bad cases, which are attended to by the doctor, and soon recover; nor do I

think that scrofulous diseases can be said to be very prevalent in this neighbourhood.

Query No. 8.

Replies from
Governors of
Gaols.

Louth County.—I refer to the opinion of the Medical Officer.

Mayo County.—As a whole, no; individuals at times, but very rarely, and not at all out of proportion with the population outside.

Tipperary County (North Riding).—This query is fully answered by the Surgeon of the gaol.

Tipperary County (South Riding).—Cannot say; it is for the Medical Officer to answer.

Waterford County and City.—They have not; and the diseases usually complained of in the prison are of the ordinary description that, so far as I know, exist at the same time among the population outside.

Westmeath County.—I have seldom known prisoners to suffer from disease ascribed to the diet, and when such occurs the Medical Officer changes the diet.

REPLIES FROM SURGEONS OF GAOLS.

Replies from
Surgeons of
Gaols.

In twenty instances the Surgeons of gaols have replied to this query by a direct negative; the remaining fifteen answer as follows:—

Cavan County.—Some prisoners have suffered from strumous diseases, and a few from phthisis; these were transferred at once to hospital and placed on suitable diet for their cases, and I invariably sanction the release from prison of such as presented indubitable evidence of tubercular or other structural degeneration of any vital organ.

Clare County.—No. During the time of the famine the prisoners, of course, suffered from these diseases, which at the time prevailed extensively among the population outside, but the prisoners have not been so affected at any other time.

Cork City.—I cannot say they have. It is a strange fact that when epidemic diseases have prevailed in the city they have never (except in the cholera of 1849) prevailed in either this or the county gaol.

Down County.—During nine years I have not had an approach to an epidemic in the gaol. I have had more than an average of deaths from phthisis, but they were chiefly of lunatics or debtors, so not referable to the dietary of the gaol.

Dublin County.—Yes.

Dublin City (Richmond Bridewell).—Strumous affections have become developed or aggravated; scorbutic disease has not been observed.

Dublin City (Grange Gorman Penitentiary).—The development of scrofulous affections and the aggravation of symptoms already existing have been observed. I have not met with any case of scurvy.

Galway County and Galway Town.—Yes.

Kerry County.—The Surgeon of this gaol states that those sentenced to long imprisonment, and perpetually confined to their halls and small, adjacent yards, are uniformly complexionless, a peculiar colour, skin loose, and muscles flabby.

Kings County.—They often suffer from pyrosis and diarrhoea, which I attribute to the diet.

Leitrim County.—Yes; but not since the famine years.

Limerick County.—[See reply from Governor].

Monaghan County.—They have not. I have known diarrhoea occur in a very few instances, on which occasions I have ordered the change from gruel to milk, &c., but at all such times I have met with the disease outside the prison.

Queen's County.—Never in the prison, though I have observed it elsewhere from the absence of vegetables.

Tipperary County (North Riding).—Yes; from scrofula, diarrhoea, &c.,

Query No. 8.

in the famine years, when similar diseases prevailed outside the prison ; for the last few years diarrhoea was the principal.

Tipperary County (South Riding).—The prisoners frequently complained of pain and weakness of stomach, dizziness in the eyes, and pain in the head, which complaints did not occur in my practice outside the prison. No doubt, in many instances, I attributed those complaints to malingering, but they have all but ceased since June last. We have had some scrofula, but no scurvy this year.

Waterford County and City.—Not to my knowledge, but I am satisfied that had I not frequently improved the diet of individual prisoners, they should have so suffered.

Wicklow County.—Never, inasmuch as such an occurrence was always anticipated.

Replies from
Surgeons of
Gaols.

Query No. 9.

QUERY No. 9.

HAS IT COME TO YOUR KNOWLEDGE WITHIN THE LAST FIVE YEARS THAT CRIME HAS BEEN COMMITTED FOR THE PURPOSE OF OBTAINING ADMISSION INTO GAOLS, AND THEREBY GETTING BETTER FOOD THAN THAT WHICH WAS SUPPLIED IN THE WORKHOUSES, OR SUCH AS THE WAGES FROM LABOUR MIGHT PRODUCE ?

Boards of
Superintend-
ence.

BOARDS OF SUPERINTENDENCE.

In the replies received from the Boards of Superintendence it is stated that crime has not been committed to their knowledge (within the period specified) for the purpose of obtaining admission into gaol.

Replies from
Governors of
Gaols.

REPLIES FROM GOVERNORS OF GAOLS.

This query has been answered by thirty-three Governors of gaols in the negative ; the remaining six Governors replied as follows :—

Cork County.—I cannot say that it has, but I have no hesitation in saying that if prison dietary in the case of prisoners undergoing medium or short sentences be improved that certain classes will be more apt to commit offences, especially if the confinement and labour of persons be not rendered as irksome and as severe as possible, consistently with the health of the prisoners.

Fermanagh County.—I do not consider crime has been committed for the purpose of gaining admission to the gaol, and I have always found workhouse prisoners anxious to return to the workhouse at the expiration of their imprisonment.

Galway Town.—A few isolated cases from the Workhouse, but none from the outside. Hitherto there were large numbers, but now that state of things is changed.

Limerick County.—I cannot say that I am aware of any such case within the last five years, but I do not know what might happen under association of classes and lax discipline, as far as regards paupers without principle or decency. I believe the labouring classes, when employed, have been for a long time past beyond such a temptation, but that the greatest care should be observed, that an increased dietary should not be attractive.

Mayo County.—Formerly such was the case, but the reduction of diet to present scale evidently cut off that source of crime.

Tyrone County.—Not during the time specified, but previous thereto many prisoners preferred the food here to that in the workhouse, and often so stated in the Petty Sessions Court.

REPLIES FROM SURGEONS OF GAOLS.

Query No. 9.

Replies from
Surgeons of
Gaols.

The Surgeons of twenty-eight gaols replied to this query in the negative; the remainder answered as follows:—

Cavan County.—A few prostitutes from time to time have been transferred from the Workhouse for wilful violence, and also from the streets, and this reason has been assigned for their violence, but not any other class of prisoners, except idiots and lunatics, who often have misbehaved in Workhouse in order to be committed to gaol.

Clare County.—I make a distinction. I have known (in a few cases only) crimes to have been committed for this purpose, but not for getting better food in the gaol, but at Spike Island, when sent to that place under a sentence of penal servitude.

Cork County and Cork City.—It has not, and I am sure the present dietary cannot be any inducement whatever, quite the contrary, for obtaining admission to either county or city gaol.

Donegal County.—Yes, in one instance, about a year and a half ago.

Fermanagh County.—I believe such cases are very few.

Galway County and Galway Town.—Inmates of the workhouse have committed crimes with the object of being sent to gaol for the purpose of receiving better diet.

Kerry County.—It has come to my knowledge that many (particularly youths) have been sent from the workhouse to the gaol, either from delinquency in the workhouse, or most probably to get better diet, at least with that idea in their minds.

Monaghan County.—No; but previous to that time (when the prison dietary was the better) I have known such. I believe the practice amongst the tramps and idlers was a common one. I have not known a labourer to do so.

Tyrone County.—It is not so common by any means within the last five years, but it does sometimes occur still.

QUERY No. 10.

Query No. 10.

DO YOU CONSIDER IT EXPEDIENT THAT THOSE SENTENCED TO SHORT PERIODS OF IMPRISONMENT WITH HARD LABOUR SHOULD BE PLACED ON A DIET INFERIOR TO THAT OF THOSE SENTENCED TO LONGER PERIODS?

REPLIES FROM BOARDS OF SUPERINTENDENCE.

Replies from
Boards of
Superintend-
ence.

The above query was replied to by fifteen Boards of Superintendence as follows:—

Armagh County, Cork City, Kilkenny County and City, Queen's County, and Wicklow County.—Yes.

Clare County, Donegal County, and Tyrone County.—No.

Dublin County.—We consider that much depends on the comparative length of imprisonment.

Fermanagh County.—No, save as regards drunkards, as recommended in the Governor's report.

Londonderry County.—Yes, if the imprisonment is not for longer duration than a fortnight.

Meath County.—Not inferior, but less quantity.

Monaghan County.—The present practice is that prisoners confined for a month or under get gruel instead of milk, and we have heard of no injurious results or complaints. We, therefore, approve of its continuance.

Roscommon County.—Yes, for any term under fourteen days.

Westmeath County.—The Board have always been guided in this by the Medical Officer.

Query No. 10.

Replies from
Governors of
Gaols.

REPLIES FROM GOVERNORS OF GAOLS.

Antrim County.—I consider the present dietary (with the addition mentioned in my answer to Query No. 3) a very good scale.

Carlow County.—I think that Dietary Table No. 1 (prisoners sentenced to more than one month's imprisonment), omitting gruel altogether, sufficient for short periods.

Cork City.—Both classes to be on the same scale on admission, and until after four months.

Donegal County.—No; but I think that all convicted prisoners should be placed on the diet of No. 2 Class (prisoners sentenced to more than one week's imprisonment) first, and then rise progressively from class to class, until they arrive at the dietary of their own class.

Dublin City (Richmond Bridewell).—I consider all prisoners should receive diet according to classification of sentence.

Dublin City (Grangeorgian Penitentiary).—Yes; as this is exclusively a female prison, there is no hard labour, except laundry work.

Fermanagh County.—I could not recommend any change in the present scale of dietary, except with drunkards, who, I am of opinion, should be placed upon one meal per diem.

Galway Town.—Yes; a short-term prisoner should, by a smaller allowance, be made to feel his imprisonment, as the long-term prisoner does by his lengthened incarceration and labour.

Kildare County.—It is so at present; prisoners sentenced to one month and under get oatmeal gruel instead of milk. This rule has not been complained of, and seems to work well.

Kilkenny County and City.—I consider those imprisoned for over a month should have a better diet than those sentenced to a month or under.

Londonderry County.—I do. I would say a fortnight should be the low-diet period; I think our low-diet period of a month too long.

Longford County.—No, when the term exceeds one week.

Drogheda Town.—I consider it expedient that all prisoners committed for any period over one calendar month, sentenced to hard labour or not, should receive full diet. Poor debtors and all prisoners committed for trial at Assizes or Quarter Sessions should also be placed on full diet.

Mayo County.—Yes; it is so in this prison, and acts as a deterrent on lesser criminals.

Meath County.—Not inferior but less quantity.

Monaghan County.—Those under a month.

Tyrone County.—I think not; for, if adopted, it would be an inducement for prisoners to obtain a sentence for a longer period; just as two prisoners at last Quarter Sessions in this county, when sentenced to two years' imprisonment, expressed their regret at not getting five years' penal servitude.

Waterford County and City.—I think the present scale of dietary is too low for any prisoner, no matter how short may be his sentence.

Westmeath County.—I think it a useful arrangement, to deter prisoners from coming into prison.

Wicklow County.—I think any under a week may be treated as at present, subject to the discretion of the Medical Officer to order extra diet when he considers it necessary.

Armagh, Cork, Down, Galway, King's, Leitrim, Limerick, Queen's, Sligo, Tipperary (N. R.), and Wexford Counties, and Limerick City.—Yes.

Cavan, Clare, Dublin, Kerry, Louth, Monaghan, and Tipperary (S. R.) Counties.—No.

REPLIES FROM SURGEONS OF GAOLS.

Query No. 10.

Replies from
Surgeons of
Gaols.

Antrim County.—The present system has worked very well.

Carlow County.—I think that any prisoner whose sentence does not exceed one month need not receive the supper, as suggested (in answer to Query No. 3).

Cavan County.—Most certainly I do not. It is quite possible, for instance, that a man of strumous delicate habit, condemned to two or three weeks' hard labour, might in that period, on insufficient diet, develop a fatal disease as the result of such punishment, although, of course, this would be more likely in a long imprisonment.

Clare County.—I consider it expedient that those sentenced to long periods of imprisonment should be placed on a diet superior to that of those sentenced to shorter periods.

Donegal County.—I would commence same diet with all convicted prisoners, and allow them to progress from class to class.

Down County.—I would give short terms, short diet; the hard labour of this gaol is far from severe; in fact, I don't think it requires any special dietary at all, unless hard labour becomes more severe. I would make length of imprisonment the sole criterion of the class of dietary, or very nearly so.

Galway County and Galway Town.—As a general rule, the diet ought to be in proportion to the labour performed.

Londonderry County.—No, except drunkards and prostitutes imprisoned for not above fourteen days.

Longford County.—No, except in those cases where the sentence is for one week or less.

Louth County and Drogheda Town.—(See reply from Governor.)

Meath County.—Not inferior, but less quantity.

Monaghan County.—I do not; on the contrary, my observation is, that he who is sentenced to a short time, say a month or so, seems to suffer more than those sentenced to six, twelve, or eighteen months. The man imprisoned for a short time frets himself, owing to his change of diet and living, and his looking forward with eagerness to his being set free; whilst the other makes up his mind to put in his time, and becomes acclimated, so to speak, to the food, the work, and the treatment, and his bodily condition improves. Such appears to be the case here.

Tipperary County (South Riding).—I do not. I would not run any risk of lowering the prisoners' strength, and consider that the depressing effects of imprisonment act most powerfully during the first months of confinement, and on that account would not lessen the prisoners' food even for short periods of imprisonment.

Tyrone County.—No; the hard labour is not of a very trying description, and those who from age or infirmity are unable to undergo it, are always exempted.

Waterford County and City.—I would give three meals a day to every prisoner, no matter what his sentence might be, the medical attendant still retaining his discretionary power to order extra diet when he considers it necessary.

Westmeath County.—I think not; a discretionary power should be given to the physician, which I have always exercised.

Wicklow County.—I think any under a month may be treated as at present, subject to the discretion of the Medical Officer to order additional diet where he may think it necessary.

Armagh, Cork, Dublin, Kerry, Kildare, King's, Leitrim, Limerick, Mayo, Queen's, Sligo, Tipperary (North Riding), and Wexford Counties, Cork City, Dublin City (Richmond Bridewell and Grangegorman Penitentiary), Kilkenny County and City, and Limerick City.—Yes.

Fermanagh, Louth, and Roscommon Counties.—No.

Query No. 11.

QUERY No. 11.

IS IT DESIRABLE THAT PRISONERS SENTENCED TO LONG PERIODS SHOULD, ON THEIR ADMISSION, BE PLACED ON THE LOWEST SCALE OF DIET, OR THAT THEY SHOULD AT ONCE RECEIVE THE ORDINARY DIET OF THEIR CLASS?

Boards of Superintendence.

BOARDS OF SUPERINTENDENCE.

The replies to this query received from Boards of Superintendence were as follows:—

Armagh, Clare, Dublin, Londonderry, Meath, Monaghan, Queen's, and Wicklow Counties.—Consider that each prisoner should be at once placed on the ordinary diet of his class.

Antrim County, Fermanagh County, Kilkenny County and City, Roscommon County, and Tyrone County, say "No."

Cork City.—No; they should get extra.

Donegal County.—Yes, to be increased gradually if behaviour be good.

Westmeath County.—The Board considers that to place a prisoner on a low scale on his first admission is most objectionable.

Replies from Governors of Gaols.

REPLIES FROM GOVERNORS OF GAOLS.

Thirty-one of the Governors of Gaols state in their reply that they "consider that prisoners sentenced to long periods should at once receive the ordinary diet of their class."

The remaining eight Governors reply as follows:—

Cork City.—Yes, until after four months.

Donegal County.—Yes, commencing at No. 2 Class, and then progressing from class to class until they arrive at the diet of their own class.

Limerick County.— . . . The prospect of a long sentence under the "separate system" is depressing, and I would wish to see prisoners for a longer term than three months placed at once on their full diet.

Antrim, Carlow, Monaghan, Roscommon, and Tyrone Counties.—No.

Replies from Surgeons of Gaols.

REPLIES FROM SURGEONS OF GAOLS.

The Surgeons of twenty-five gaols are of opinion "that prisoners sentenced to long periods should at once receive the ordinary diet of their class."

The remaining number reply as follows:—

Clare County.—I think they should be placed on the lowest scale of diet on their admission.

Donegal County.—I would allow them to commence at Class 2, and rise progressively.

Dowry County.—I would put them at once on the ordinary diet of their class, unless a much more liberal dietary than I anticipate is adopted.

Dublin City (Richmond Bridewell).—I think it is desirable to have two scales of diet for a long imprisonment—an ordinary and an extra; the latter to begin after a portion of the term shall have expired. In cases of six to twelve months I would add eight ounces of meat on three days in each week during the final three months of the term; and in those of twelve to twenty-four months, the same addition to commence on the first day of the thirteenth month, and continue during the residue of the term.

Dublin City (Grangegeorge Penitentiary).—In cases of six to twelve months I would give the higher diet of their class from the commencement of the entire term.

Kerry County.—Increase and alteration of dietary after three months, with exceptions.

- Leitrim County.*—I think not; I would rather place them on the lowest scale towards the end of the term of imprisonment. Query No. 11.
Limerick County.—(Coincides with reply of the Governor.) Surgeons of Gaols.
Antrim County, Carlow County, Kilkenny County and City, Longford County, Roscommon County, and Sligo County.—No.

QUERY No. 12.

Query No. 12.

IS THE PRACTICE OF PLACING A PRISONER ON A LOW SCALE OF DIET DURING THE FIRST FEW DAYS OF IMPRISONMENT ADOPTED IN YOUR GAOL?

This query has been answered in the negative in all the replies received from Boards of Superintendence, Governors, and Surgeons of gaols. The Surgeon of Sligo Gaol adds "but probably it would be advisable if those who are frequently committed for drunkenness were made to feel the gaol irksome to them by being placed on a restricted diet."

QUERY No. 13.

Query No. 13.

IS IT YOUR OPINION THAT PUNISHMENTS FOR THE INFRACTION OF PRISON REGULATIONS SHOULD BE ACCOMPANIED WITH RESTRICTIONS IN DIET?

REPLIES FROM BOARDS OF SUPERINTENDENCE.

With one exception, this query has been answered in the affirmative in all the replies received from the Boards of Superintendence, with the proviso that the punishment is to be subject to the supervision of the medical officer. Boards of Superintendence.

The Board of *Kilkenny County and City Gaol* answered in the negative.

REPLIES FROM GOVERNORS OF GAOLS.

Replies from Governors of Gaols.

All the governors of gaols answered this query in the affirmative, many adding "with the approval of the medical officer." The Governor of *County Dublin Gaol*, however, says, "if possible some other mode of punishment should be substituted." The Governor of *County Limerick Gaol* replied "Decidedly;" and farther remarks, "I believe that anything else would be attended with injurious consequences. I have known prisoners who would willingly vary prison life by spending two or three days now and then in idleness in a dark cell, only for the short diet which is given in punishment. I have two such men at present in my custody." And the Governor of *County Louth Gaol*, having replied in the affirmative, observes, "I have the power to place a prisoner for such misconduct on bread and water, not exceeding three days for same offence, but the Act does not state the quantity of bread to be given."

REPLIES FROM SURGEONS OF GAOLS.

Replies from Surgeons of Gaols.

The surgeons of thirty-three gaols replied to this query in the affirmative, one of whom (the surgeon of *County Westmeath Gaol*), answers thus, "I think it should. I have no doubt of the propriety of it when properly exercised. I have often put an end to scheming by a threat of diminished diet; pretence of sickness for the purpose of getting off labour has frequently been put an end to by me by an apprehension of a lower diet. This opinion is the result of a long experience."

Query No. 13.

Replies from
Surgeons
of Gaols.

The surgeons of the six undermentioned gaols do not coincide with the foregoing opinion; they answer the query as follows:—

Cavan County.—Most certainly not; I think this is altogether unjustifiable on any grounds of reason or right, human or divine.

Galway County and Galway Town.—Only by order of a magistrate.

Kildare County.—Not if any other means could be devised which would be effectual and generally applicable.

King's County.—No, unless in very refractory cases, and then under the direction of the medical officer.

Monaghan County.—No; where the diet is low, as in this prison, I would not advise its reduction as a means of punishment; I should rather recommend an hour earlier or later to extra work.

Roscommon County.—No.

Query No. 14.

QUERY No. 14.

ARE THE PRISONERS NOT IN HOSPITAL DAILY INSPECTED BY THE MEDICAL OFFICER?

Not daily, except when necessary.

Query No. 15.

QUERY No. 15.

CAN YOU OFFER ANY INFORMATION AS TO THE WAGES AND DIETARY OF LABOURERS IN YOUR DISTRICT?

REPLIES FROM BOARDS OF SUPERINTENDENCE.

Boards of
Superintendence.

Armagh County.—The northern portion of the county Armagh being manufacturing, and the southern almost employed in agricultural pursuits, the difference in wages and modes of living is great. Wages for agriculture have risen at least 30 per cent., and a better dietary prevails to an equal extent.

Clare County.—Wages 1s. to 1s. 6d. per day, and the diet is generally bread, potatoes, and milk.

Cork City.—Wages 10s. per week.

Donegal County.—The rate of wages is increased within the last few years, and the diet much improved.

Dublin County.—Wages range from 8s. to 10s. per week, and the dietary has improved.

Fermanagh County.—Labour wages have increased one fourth; for constant employment 6s. per week in winter, and 8s. in summer. Diet of labourers principally meal and potatoes, varied with tea and bread.

Kilkenny County and City.—Wages 1s. to 1s. 4d. per day.

Londonderry County.—Wages about 8s. per week.

Meath County.—Wages 1s. per day in summer, and 10d. in winter, but higher in spring and harvest.

Monaghan County.—Wages have risen considerably; it is difficult to get labourers in Monaghan district under 1s. 3d. per day; in country districts about 1s. a day, constant work. Dietary is much improved.

Queen's County.—The average rate of wages in the country is about 1s. 2d. per diem; in the towns about 1s. 6d. per diem.

Roscommon County.—Wages from 10d. to 1s. 4d. per diem. Diet—Breakfast, Indian meal stirabout, with or without milk; dinner, potatoes, with or without milk.

Tyrone County.—The wages and dietary vary considerably; wages from 10d. to 2s. 6d. a day. Query No. 15.

Westmeath County.—The average wages are for constant employment in the country about 7s. per week. The diet of the labourer generally consists, for breakfast, of bread made of Indian and oat meal mixed; sometimes (not often) of wheaten bread, and generally tea or buttermilk; for dinner, principally similar bread with a little butter or kitchen stuff, and potatoes; and for supper, tea and bread. The food of the family at home is generally inferior to the above. Board of Superintendence.

Wicklow County.—The wages in this town (Wicklow) at present are from 1s. 4d. to 1s. 8d., and in the country around something less. The dietary is, we think, about equal to what is now suggested for the gaol.

REPLIES FROM GOVERNORS OF GAOLS.

Replies from
Governors
of Gaols.

Antrim County.—Wages high, but all food very dear.

Armagh County.—(Same reply as given by Board of Superintendence.)

Carlow County.—I would say the average daily wages of labourers through the year is from 1s. 4d. to 1s. 6d. Diet, stirabout and potatoes, with a good proportion of bread.

Cavan County.—Labourers' wages in this neighbourhood average about 1s. 6d. per diem.

Clare County.—Wages 7s. per week. Bread and potatoes with milk is the general diet.

Cork County.—I believe the wages to vary from 8s. to 10s. per week; and that the dietary of the labouring classes consists of bread, milk, tea, or coffee, varied occasionally by potatoes, fish, or Indian meal.

Cork City.—Wages about 10s. per week, and the dietary for a family cannot be good.

Donegal County.—No.

Down County.—(No reply.)

Dublin County.—I believe wages range from 9s. to 12s. per week, and the dietary has, I believe, been improved.

Dublin City (Richmond Bridewell).—I believe as a rule the labouring class can earn from 9s. to 12s. per week, and I am fully of opinion if flesh meat, consisting of either beef or bacon, is obtained by them one day in the week it is the utmost.

Dublin City (Grangegorman Penitentiary).—Labourers' wages in this locality average from 10s. to 12s. per week.

Fermanagh County.—The wages of labourers in this town (Baniskillen) is about 9s. in winter, and 11s. per week in summer; in country districts about 6s. in winter, and 8s. per week in summer. Their general diet consists of flour and meal "home-made" cakes, or bread and tea for breakfast; potatoes (when cheap) and milk, or bread and tea for dinner, and stirabout and milk for supper. Occasionally for their Sunday dinner they may have American bacon (if the price be moderate), and this principally "to dress" cabbage. Salt herrings are sometimes extensively consumed, but meat forms hardly any portion of their diet.

Galway County.—Wages about 1s. per day. Their dietary for four months—viz., April, May, June, and July, consists of Indian-meal stirabout, the remaining eight months potatoes.

Galway Town.—The average wages about 7s. per week. The diet, when there is a family, Indian-meal stirabout; without a family, generally potatoes and milk.

Kerry County.—Wages 1s. 3d. a day on an average throughout the year, and I believe their principal food consists of potatoes and milk.

Kildare County.—The average wages is from 6s. to 8s. per week.

Kilkenny County and City.—The usual wages for labourers when dieted

Query No. 15.
 Replies from
 Governors
 of Gaols.

by those who employ them is from 7d. to 9d. per diem, and from 1s. to 1s. 4d. when they diet themselves. I don't consider that those who diet themselves are as well cared for as the inmates of either the gaol or work-house, particularly where there is a family.

King's County.—Wages are at present good, and labourers live better than formerly.

Leitrim County.—Wages from 1s. to 1s. 6d. per day; diet, Indian meal and potatoes, and occasionally bread and tea and meat.

Liverick County.—I am informed that men in regular employment with gentlemen or comfortable farmers get about 7s. per week, without diet, with a house and garden patch; that men engaged at the very busy time of the late harvest got 10s. per week and diet, since then 9s. and diet, and that at present (5th December, 1867) and for the winter hired labourers' wages may be about 5s. per week, with diet.

Limerick City.—The average wages of the labouring classes are 10s. per week; and as to the diet used by them I cannot say, as most of them have families who are wholly dependent on their wages.

Londonderry County.—Town porters, labourers, &c., about 10s. per week; country labourers about 7s. per week. Diet—potatoes, oatmeal, Indian meal, white flour bread occasionally, tea, coffee, eggs, and butter; also salt herrings, but I would say beef never.

Longford County.—Being, I may say, a stranger in this district, I cannot offer any sound information.

Louth County.—I believe labourers' wages range from 6s. to 8s. per week, except in towns or at harvest work. I cannot say as to diet.

Drogheda Town.—Ordinary labourers receive about 1s. 8d. per diem when employed; their dietary generally consists of stirabout, potatoes, milk, and butter. Those without families occasionally use bread, tea, and coarse meat.

Mayo County.—Average wages 1s. to 1s. 3d. per day; at hurried periods or by task at public works, 1s. 6d. to 1s. 8d. per diem, but rarely constant. Dietary—stirabout with milk, potatoes with milk, salt, and occasionally butter, eggs, or cured herrings; oaten bread rarely. Having regard to the food used by the labouring poor of this district and to the ordinary Poorhouse dietary, I am clearly of opinion that it will be unjust to those who will be assessed for increased prison expenditure, and will tempt the poor to increased crime if additions be made to the gaol dietary.

Meath County.—Wages vary from 1s. 6d. to 2s. per day, exclusive of the harvest, which rates up to 3s. 6d. per day. The dietary varies according to the number of the family, from Indian-meal stirabout to bread and tea for both meals.

Monaghan County.—Wages are much higher, and food is much better.

Queen's County.—The average rate of wages in the country is about 1s. 2d. per diem, in the towns about 1s. 6d. per diem. Tea or coffee at breakfast, bread and milk or potatoes for dinner.

Roscommon County.—Wages at present (11th November, 1867) in town 1s. 6d.; in rural districts, 10d. per diem. Diet—Breakfast, Indian-meal stirabout and milk; dinner, potatoes and milk, or salt herrings; supper, potatoes, or bread and tea.

Sligo County.—The wages of the labourers in Sligo district are 1s. 6d. per day when employed. Their diet consists of stirabout and milk, potatoes and buttermilk, or salt herrings occasionally for about six months; when the potatoes become exhausted, oatmeal and Indian-meal stirabout and bread and tea for the remainder of the year.

Tipperary County (North Riding).—The minimum is 1s. a day at present (7th December, 1867), and I know that the labouring classes are much more comfortable and live better than formerly.

Tipperary County (South Riding).—Labourers from 8s. to 10s. per week; diet more varied, and better than formerly. Query No. 15.

Tyrone County.—The wages of labourers vary according to the season of the year, for instance, in spring and harvest, 1s. 8d. to 2s. 6d. is paid; in summer and winter, 1s. to 1s. 6d. per diem; their dietary changes with their wages, and many of them in the winter season find it very difficult to support themselves and their families. Replies from Governors of Gaols.

Waterford County and City.—The usual average wages in the city of Waterford are 10s. per week, and in the county, 7s. 6d. The dietary of city labourers is, I understand, better than that of country labourers; the breakfast of the former usually consists of bread, butter, and tea or coffee; the dinner, sometimes bread and milk, and sometimes potatoes and meat; and the supper, bread and milk, or potatoes and milk, and sometimes bread and tea. The breakfast of country labourers is usually stirabout and milk; dinner, potatoes and milk, or bread and milk; and supper, stirabout and milk or potatoes and milk. Country labourers scarcely ever use bread and tea for breakfast, and seldom use meat at any meal.

Westmeath County.—Wages average about 9s. a week throughout the year; their food in the country is generally stirabout and milk, and potatoes; on Sundays something better. In the town they mostly subsist on bread, tea, cocoa, &c.

Wexford County.—Wages low, and diet insufficient, from the price of provisions.

Wicklow County.—The daily wages of labourers in this district is from 1s. 4d. to 1s. 8d. per day; the dietary being about equal to that proposed for the gaol.

REPLIES FROM SURGEONS OF GAOLS.

Replies from
Surgeons
of Gaols.

Ards County.—Wages are high, but provisions of every kind are very expensive here.

Armagh County.—Wages in and about Armagh have, to my certain knowledge, increased for men in a ratio of not less than 50 per cent.; for females the increase is in proportion, rather more; the natural result being that with large means of procuring food and other comforts, a better abundance and quality of food is used.

Carlow County.—Average wages throughout the year, 1s. 4d. to 1s. 6d. daily. Diet—stirabout and potatoes, with a good proportion of bread.

Donegal County.—Both much improved.

Down County.—Nothing very accurate, but the wages of respectable labourers are greatly increased during the last few years; they, either in their own houses, or in the houses of small employers, get much better food than formerly; in the farmers' houses the servants get meat at least thrice weekly, but there are still many strays and waifs that get no meat, and these are the most likely to be our inmates.

Fermanagh County.—Wages of labourers employed all the year round are 6s. to 7s. a week.

Galway County and Galway Town.—Average wages 7s. 6d. weekly; the diet is principally potatoes and milk.

Kerry County.—Wages vary at different periods—not lower than 1s.; some periods 2s. per day. I hear that four men will eat over one stone of potatoes each meal, three times daily; or one pound of meal made into cakes, baked, with milk in abundance, for each man.

Kildare County.—Wages vary from 7s. to 9s. a week for labourers in constant employment. Dietary does not differ much from that in the prison, except in the fact of three meals instead of two, and in the use of tea and potatoes.

Query No. 13.

—
 Replies from
 Surgeons
 of Gaols.

Kilkenny County and City.—Wages 8d. per day, with food, and from 1s. to 1s. 4d. without food. Those provided by their employers are generally well fed, but I consider that those who have to diet themselves are worse fed than the inmates of either gaol or workhouse.

King's County.—The wages of the daily labourers have risen from an average of 1s. to 1s. 3d. per day, and their dietary now consists of white bread and tea, and stirabout and milk, instead of the potatoes and milk which was formerly the dietary for the three meals. The labourer seldom has meat.

Leitrim County.—Both have been much improved during the last few years.

Longford County.—Wages of labourers vary from 1s. 6d. to 2s. 6d. a day.

Louth County.—I am not competent to give any further information than that I believe very many of the families of the same class as the generality of prisoners have not as good diet as that provided in the gaol.

Meath County.—Wages varied from 1s. 6d. to 2s., exclusive of the harvest, which rated up to 3s. 6d. a day. The dietary varied according to the number of the family, from Indian-meal stirabout to bread and tea for breakfast, potatoes and buttermilk for dinner.

Monaghan County.—The wages of the common labourer varies from 1s. 2d. to 2s. 6d. per diem; the latter not infrequent in harvest and hay times. A man for constant employment will work the year round for 7s. per week. The hired labourer of the farmer gets £10 to £14 per annum and upwards, with good food and tea, indispensable in latter days. This is the "servant boy," and forms the worst class of society. He does as little as he can for his employer; he spends his nights frequently from home, at his illegal societies or meetings, and but too often is the means of leading the junior members of the farmer's family into evil ways and introducing them to pernicious society. The poor labourer who is not the hired one (the "servant boy") obtains (not constantly) from 1s. 2d. to 1s. 8d. per day, and for this gives a long day's work, and on it supports (God knows how) himself, and often a wife and several children! *He truly is the man "condemned to hard labour,"* his daily toil being much more severe than the week's hard labour of a gaol prisoner. He is exposed to the inclemency of the weather, whether of heat, or of cold and wet, and goes home to but a miserable lodging; whereas the convict is brought out of his warm bed and cell, he is housed under a well enclosed shed, and the *hard labour* he undergoes is somewhat ludicrous in comparison to the poor honest man who supports his family, truly, by the sweat of his brow. Potatoes and milk, or bread or stirabout with milk for breakfast and supper, and for dinner occasionally (very rarely) a herring or a bit of bacon, forms the diet of this poor man, and I regret to say, where the family is large, the poor people are obliged to ignore the dinner lest they should go supperless to their poor bed.

Queen's County.—The labourers use now, instead of stirabout and potatoes, as formerly, bread, tea, coffee, milk, and potatoes. Wages from 1s. to 2s. per day.

Roscommon County.—Wages about 1s. 6d. a day. Diet—breakfast, Indian or oatmeal stirabout and milk; dinner, potatoes and bread, with eggs and milk, or oatmeal gruel; supper, potatoes or stirabout, with milk.

Sligo County.—A good labourer can obtain 1s. 6d. a day when employed, but this can scarcely procure for a family a diet equal to that of the workhouse.

Tipperary County (North Riding).—The minimum is 1s. a day at present, and I know that the labouring classes are much more comfortable, and live better than formerly.

Tipperary County (South Riding).—The labourers in my district get

wages varying from 6s., the minimum, to 8s. and 9s. weekly, occasionally 10s. near the town; the rate varies according to skill and locality. Their diet is better and more varied than in former times; according to market price, they use potatoes or Indian meal or both, with sour milk, herrings occasionally, and bread and tea for breakfast, in the towns especially. I cannot give any information from personal knowledge as to quantity.

Waterford County and City.—The average wages in the city is about 10s. a week, and in the country, 8s. Labourers in both country and city take three meals daily, but the latter use a better quality of food; their food generally consists of bread and butter with tea; dinner of potatoes and milk, or bread and milk, with occasionally the addition of meat, and generally bread and tea for supper. The country labourers have generally stirabout and milk for breakfast, potatoes and milk, or bread and milk for dinner, and potatoes and milk, or stirabout and milk for supper.

Westmeath County.—Within the last two years wages have risen from 1s. to 1s. 6d. daily for labour; at certain periods even higher. The diet consists of oatmeal and Indian-meal stirabout, potatoes, and milk; many residing in towns have tea, cocoa, and bread, occasionally meat, particularly on Sundays.

Wexford County.—Wages low, and diet insufficient, from the price of provisions.

Wicklow County.—The daily wages of labourers from 1s. 6d. to 1s. 8d.

Drogheda Town, Limerick County, and Limerick City.—The surgeons of these gaols state that they coincide with the replies of the governors.

Cavan County, Cork County, Cork City, Dublin County, Dublin City (Richmond Bridewell and Grangegegan Penitentiary), Londonderry County, Mayo County, and Tyrone County.—The surgeons of these gaols did not reply to Query No. 15.

IN ADDITION TO THE FOREGOING REPLIES THE FOLLOWING OBSERVATIONS WERE APPENDED TO THE RETURNS.

BOARDS OF SUPERINTENDENCE.

Andria County.—We have no unremunerative labour here; we believe it to be worse than useless from its prejudicial effects on the temper of the prisoners, who think they are unnecessarily employed. We would greatly regret that washing and stone-breaking were made hard labour, in such a sense that they could not be the employment of prisoners who are not sentenced to hard labour, as, if so, we would have difficulty in carrying on our work, or in employing our prisoners.

Armagh County.—A different and better scale of dietary is provided for lunatics. We don't think it desirable that any change should take place in the dietary of the female classes.

Cork County.—We approve of the answers of the governor to the queries. We dissent, however, from the recommendation to increase the dietary of prisoners confined for one month with hard labour. We also consider the giving animal food to prisoners for more than four months unnecessary, unless in special cases selected by the medical officer.

Dublin City (Richmond and Grangegegan).—The Board adopts the suggestions of the Governor of Richmond Bridewell.

Meath County.—We consider our gaol diet sufficient for prisoners under two months, and those for a longer period to have supper of eight ounces bread and half a pint of new milk, or six ounces meal, made into stirabout; this last we would prefer in case potatoes were not given for dinner at least twice a week. We think also that prisoners after two months should have new milk instead of gruel, which they are getting at present twice a week.

Query No. 15.
Replies from
Surgeons
of Gaols.

Observations
made on
Returns by
Boards of
Superintendence.

Observations
made on Re-
turns by Gover-
nors of Gaols.

GOVERNORS OF GAOLS.

Antrim County.—Hard labour has not been defined by law for Ireland. Our hardest labour is pumping, and is looked on as *hard labour*. Breaking stones (males) and washing (females) is common labour, and for two reasons—1. These are not hard labour; 2. If they were (by law) hard labour we should not know how to employ our prisoners.

Cork County.—I do not think that any addition whatever should be made to the present dietary of persons sentenced to one week or less, either with or without hard labour; neither do I think those sentenced to any term not exceeding one month, without hard labour, should receive any increase. As regards other cases, I believe the addition of a small third meal will remedy most of what is complained of; and in the case of prisoners of four months and over, they certainly should get a small portion of animal food occasionally. These observations refer altogether to male adults, as I find that on the present scale most of the female prisoners keep up their health and strength pretty well.

Limerick County. I strongly hold that in our prisons too large a portion of the prisoner's time is, generally speaking, unoccupied. I am not prepared to recommend a less diet for classes without hard labour than for those with hard labour. The law requires, and properly requires, that these prisoners shall not spend their time in idleness; furthermore, they must be subject to the separate system of confinement, which is now in force here, ... and if they are placed on shorter diet than the "hard labour prisoners" I consider their condition would be less desirable than theirs, and that the addition of "hard labour" to a sentence would be a boon. I consider that it would be well not to give milk with the third meal, and that a lighter and warm drink would be better. Oatmeal gruel would be better than milk, but, if introduced, I think gruel for dinner two days in the week would not answer, and that milk should be given with that meal every day. I believe a warm supper is requisite to prevent a prisoner from chilling in the cell after perspiring during work in summer, and that again the prisoner should be warmed up for the evening occupation in winter, whether it would be light labour in the cell or school instruction, or made up of both; and I consider nothing would be so good with the supper meal as coffee or tea. I believe they are excellent to prevent sickness, sustain health, and give a prisoner who is fairly fed a *heart for his work*, and for instruction; and I would desire that the criminal classes might feel the influence of a harmless stimulant, and get so accustomed to it that they would be more likely, when at liberty, to find their way to the refreshment-rooms than to the public-house, or seek to have at home a cheap and civilizing beverage. Moreover, the association of this meal with useful evening employment in the cells might be the means, in many instances, of establishing habits fraught with life-long benefit.

SUPPLEMENTAL QUERIES issued by the COMMITTEE on the DIETARIES of COUNTY and BOROUGH GAOLS in IRELAND, and REPLIES thereto received from the GOVERNORS of GAOLS.

QUERY, No. 1.

Supplemental
Query No. 1.

WHAT ARE THE STATED HOURS FOR BREAKFAST, DINNER, AND SUPPER WHEN THE LATTER MEAL IS GIVEN?

	Breakfast,	A.M.	Dinner, P.M.
In 18 replies		9;	3.
In 5 "	"	9;	4.
In 2 "	"	8.30;	3.
In 2 "	"	8.30;	2.30.
In 2 "	"	8.45;	2.45.
In 2 "	"	9 to 10;	3 to 4.
In 1 reply (Antelm County),	"	7.45;	4.
In 1 " (Kerry County),	" {Summer,	9;	4.
	{Winter,	9;	3.
In 1 " (Leitrim County),	"	9.30;	3.30.
In 1 " (Limerick County),	"	9 to 10;	3.45 to 4.45.
In 1 " (Longford County),	" {Sundays,	9;	3.30.
	{Week days,	8.30;	2.
In 1 " (Monaghan County),	"	8.30;	3.
In 1 " (Westmeath County),	"	8.45;	2.30.
In 1 " (Wicklow County),	"	8.45;	2.45.

Supper, when given, between 5, P.M., and 6, P.M., in general.

QUERY, No. 2.

Supplemental
Query No. 2.

AT WHAT HOUR ARE THE PRISONERS LOCKED UP AT NIGHT, AND AT WHAT HOUR DO THEY RISE IN THE MORNING?

Summer.—In thirty-three replies "lock-up" is stated to be at 6, P.M.; in four at 7, P.M.; and in two at 8, P.M.; and the "unlock" in thirty-one instances is said to be at 6, A.M.; in seven at 6.30, A.M.; and in one instance (Londonderry County) at 5.30, A.M.

Winter.—The time for "lock-up" and "unlock" is regulated to some extent by the length of the day. The former in general takes place about 5, P.M., and the latter about 7, A.M.

QUERY, No. 3.

Supplemental
Query No. 3.

IS THE SEPARATE SYSTEM ADOPTED IN YOUR GAOL. IF SO, TO WHAT EXTENT?

In nineteen gaols the separate system is adopted; in ten it is partly so; and in the remaining ten it is said not to be adopted.

QUERY, No. 4.

Supplemental
Query No. 4.

BY WHAT MEANS ARE SENTENCES TO HARD LABOUR FULFILLED?

In nine replies it was stated by "tread-wheel;" in seven by "tread-wheel and industrial labour;" in two by "tread-wheel, shot-drill, and stone-breaking;" in one by "tread-wheel and shot-drill;" in another by "tread-mill, shot-drill, and crank-pump;" in three by "stone-breaking;" in three by "stone-breaking, and other industrial labour;" in four by "stone-breaking and tread-wheel;" in two by "crank-pump;" in four by "crank-pump and industrial labour;" in one by "shot-drill;" in another by "shot-drill and capstan-mill;" and in *Grangegegan Penitentiary* by "washing in laundry."

QUERY, No. 5.

WHAT IS THE DURATION OF HARD LABOUR PER DIEM, AND WHAT ARE THE INTERVALS BETWEEN THE PERIODS OF HARD LABOUR DURING THE DAY?

Antrim County.—The prisoners here work from 9.10, A.M., till 3.50, P.M.

Armagh County.—Seven hours per diem, twenty minutes' relaxation allowed every two hours.

Carlow County.—Nine hours in summer, each alternate fifteen minutes, or four and a half hours' labour; in winter, six hours, or three hours' labour.

Cavan County.—Industrial and punitive labour commences at 6, A.M., in summer, and daylight in winter, until 8.30 in summer; 9 o'clock in winter; from 12 to 3 o'clock, and from 4 to 6 o'clock in summer, and until dark in winter. Prisoners not sentenced to hard labour are allowed from 2 to 3 o'clock for relaxation. Prisoners on tread-mill are allowed twenty minutes' relief in every hour.

Clare County.—Two hours daily, without any interval.

Cork County.—Each prisoner sentenced to hard labour gets on an average four hours per day on the treadmill, two hours at a time. There is always an interval of at least two hours—indeed, almost as a rule, much more—before a prisoner is placed a second time on the mill. During the intervals, when a prisoner is not on the treadmill, he is employed either at stone-breaking, oakum-picking, or some other industrial work, or at white-washing or labourer's work about the prison.

Cork City.—Seven hours in summer, five and a quarter hours in winter; intervals, from quarter to 9 to 12, noon, and from 4 to 5, P.M., in summer; same in winter. No labour after 4, P.M. Prisoners are at school and other labour during the intervals.

Donegal County.—Nine hours per diem at work, and three hours relaxation, viz.:—half an hour for breakfast, half an hour for dinner, one hour for school, and five minutes every hour during work, and one hour (from 6 to 7, A.M.) making beds and cleaning cells.

Down County.—Five and a quarter hours—intervals, 8.30 to 10, A.M., and from 12, noon, to 4, P.M. Industrial in place of hard labour from 12, noon, till 2.30, P.M.

Dublin County.—Two hours, with intervals of ten minutes.

Dublin City.—Seven hours and a half in summer, which includes rest three and a half hours; in winter, five and a half hours, including rest of one hour and fifty minutes.

Dublin City (Grangegorman Penitentiary).—This being exclusively a female prison there is no means of carrying out the sentence of hard labour, except to a very limited extent, by washing in laundry. The prisoners are, however, employed at sewing, cleaning, and other work.

Fermanagh County.—Two hours each day in summer, and one and a half hour in winter, in spells of fifteen minutes each.

Galway County.—Six and three quarter hours in summer, four and three quarter hours in winter, at intervals of fifteen minutes.

Galway Town.—Industrial labour is carried on for an average of eight hours daily.

Kerry County.—Two hours per day on treadwheel, viz.:—from 11, A.M., to 1, P.M.

Kildare County.—Four hours in summer, and three in winter, with intervals of fifteen minutes between the periods.

Kilkenny County and City.—Four and a half hours in summer, and four hours in winter—say one and a half hour before breakfast, two between breakfast and dinner, and one hour after dinner; in winter months the half hour is divided.

King's County.—Six hours per diem—from 8 till 9 o'clock, 10 till 2 o'clock, and 4 till 5 o'clock.

Leitrim County.—Five hours on treadwheel daily, with an interval of five minutes between each quarter of an hour.

Limerick County.—About seven hours in summer, and five and a half in winter; intervals, meal hours.

Limerick City.—From 1st March to 30th September the prisoners are employed from 6, A.M., to 6, P.M., with the exception of two hours, one for breakfast and one for dinner, viz.:—those sentenced to hard labour are employed two hours on treadwheel, and eight hours stone-breaking.

Londonderry County.—Eight hours per day; the intervals are breakfast, school, exercise, and dinner, one hour each.

Longford County.—10.15, A.M., to 12.15, P.M., 3.5, P.M., to 4.5, P.M.; five minutes on, five minutes off wheel; actual time treading, one and a half hour.

Louth County.—Six to seven hours in summer, about five hours in winter intervals, dinner, breakfast, and school, one hour each.

Drogheda Town.—Seven hours per diem; intervals, from 6 to 7, A.M., from 9 to 10, A.M., from 12 to 2, P.M., and from 3 to 4, P.M. First interval employed cleaning cells, &c., second at breakfast, third at school, and fourth at dinner.

Mayo County.—Longest period, six hours, but some prisoners only part time and part at trades, &c.; wheel worked by relays, rest given between. Intervals from work, 9 to 11, A.M., and 2 to 4, P.M.

Meath County.—One hour on tread-wheel, with an interval of two and a half minutes each quarter of the hour.

Monaghan County.—All labour in summer, 7 to 9, A.M., 10, A.M. to 2, P.M., and 4 till 6, P.M., except school-hours, from 12, A.M., to 2, P.M.

Queen's County.—Seven hours per diem; the intervals are occupied by meals, school, and exercise.

Roscommon County.—From 7 to 9, A.M., 10 to 3, P.M., and 4 to 5, P.M. One hour's schooling alternately to each ward. Prisoners at hard labour on tread-wheel are on every alternate ten minutes.

Sligo County.—Five hours per day on the tread-wheel, with intervals of ten minutes on and five minutes off. Days when not on the tread-wheel kept at shot-drill for two hours, and at bone and stone-breaking for the remaining portion.

Tipperary County (North Riding).—Prisoners go to the tread-wheel at 10, A.M., and remain at it for two hours, namely, until 12 o'clock.

Tipperary County (South Riding).—Tread-wheel four hours per day. The prisoners are on the wheel about twelve minutes when they come down, and are relieved by another set for the same time.

Tyrone County.—Six and one third hours in summer, three and two thirds hours in winter per diem, with intervals of rest on tread-wheel of one third of said time. Working hours during the day—summer, 7 to 9, A.M., 12 to 3, 4 to 6, P.M.; winter, 8 to 9, A.M., 12 to 3, P.M. No work on Tuesdays and Saturdays until 12 o'clock, noon.

Waterford County and City.—Nine hours per diem from 1st March to 1st September, and eight hours from 1st September to 1st March. The intervals are one hour allowed for breakfast and one hour for dinner, viz.:—from 9 to 10 o'clock, A.M., and from 3 to 4, P.M.

Westmeath County.—From 10, A.M., to 2, P.M., and from 3.30 to 6, P.M., in summer; one and a half hour less in winter.

Wexford County.—Five hours hard labour per diem, an interval between the periods of two and a half hours.

Wicklow County.—Five hours, viz.:—two before and two after breakfast, and one after dinner.

*Supplemental
Query No. 6.*

QUERY, No. 6.

ARE ANY PRISONERS UNDER SENTENCE OF HARD LABOUR SUBJECTED THERETO DAILY BEFORE BREAKFAST, AND IF SO, FOR HOW LONG A PERIOD?

In twelve replies it is stated that the prisoners are not subjected to hard labour before breakfast; the remaining twenty-seven may be classified as follows:—four state for one hour, seven for one hour and a half, one for one hour and three quarters, ten for two hours, two for two hours and a quarter, one for two and a half hours, and two for three hours. In winter the period is regulated to some extent by the length of the day.

LETTER FROM PRISON DIETARY COMMITTEE TO POOR LAW COMMISSIONERS.

5, Henrietta-street, Dublin,
23rd October, 1867.

GENTLEMEN,—As members of a Committee appointed by the Lord Lieutenant to inquire into the dietaries of the Irish County Prisons, we shall feel obliged by your kindly obtaining for us the forms of dietaries in use in the different Workhouses of the Unions in which the County Gaols are situate.

We should also be glad to receive any information which the Clerks of these Unions can afford us with regard to the ordinary diet of the labourers and small farmers outside the Workhouse, and of the average wages throughout their respective districts.

We are, Gentlemen, your obedient servants,

WILLIAM STOKES.
JOHN HILL.
WM. M. BURKE.

To the Poor Law Commissioners,
Custom House, Dublin.

LETTER FROM THE POOR LAW COMMISSIONERS TO PRISON DIETARY COMMITTEE.

Poor Law Commission Office,
Dublin, 14th November, 1867.

GENTLEMEN,—In compliance with the request contained in your letter of the 23rd ultimo, the Commissioners for Administering the Laws for Relief of the Poor in Ireland forward to you herewith copies of the dietaries in use in the Workhouses of Unions in Ireland in which County and Borough Gaols are situate, copies of letters from the Clerks of the several Unions to which these dietaries relate, containing information relative to the ordinary diet of labourers and small farmers outside the Workhouse, and the average wages throughout the Union are also enclosed.

The average daily cost of food for persons of the able-bodied class in the Workhouse is also shown.

A list of the Unions in question is also enclosed.

By order of the Commissioners,

B. BAXES, Chief Clerk.

To Drs. Stokes, Hill, and Burke,
5, Henrietta-street.

LETTER FROM PRISON DIETARY COMMITTEE TO POOR LAW
COMMISSIONERS.

Correspondence
with Poor Law
Commissioners.

5, Henrietta-street, Dublin,
18th November, 1867.

GENTLEMEN,—The Committee appointed to inquire into the state of the Dietaries in the County and Borough Prisons in Ireland beg to acknowledge the receipt of your letter, No. 26,892, dated the 14th instant, and to offer you their best thanks for the various documents relating to the subject of their inquiry, which you have had the goodness to forward to them.

The documents received are—copies of the dietaries in use in the Workhouses of Unions in Ireland in which County and Borough Gaols are situate, a list of the Unions in question, and a statement showing the average daily cost of food for persons of the able-bodied class in each Workhouse; also copies of letters from the Clerks of the several Unions to which these Dietaries relate, containing information as to the ordinary diet of labourers and small farmers outside the Workhouse, and the average wages throughout the Union.

We are, Gentlemen, your obedient servants,

WILLIAM STOKES.
JOHN HILL.
WILLIAM M. BURRE.

To the Poor Law Commissioners,
Custom House, Dublin.

PRISON DIETARY COMMITTEE, IRELAND.

TABLEAU STATEMENT of RETURNS received from the Clerks of Poor Law Unions in which the County and Borough Goals are situate.

County, &c.	Name of Poor Law Union in which the Goal is situated.	Average weekly cost of food for able-bodied inmates of Workhouse.		Average wages of labourers per week, in each Union.	Ordinary food of Labouring Classes in the Poor Law Unions in which the County and Borough Goals are situate.
		Males.	Females.		
Azric County, ...	Bellfast, ...	1/7½	1/5½	11/3	Stimulant and bottommilk for breakfast; potatoes, with bacon, fish, or inferior meat for dinner; potatoes, or sirabont and milk, tea, and occasionally fish meat.
Armagh "	Armagh, ...	1/7	1/5½	7/-	Potatoes, sirabont and milk, tea, and occasionally fish meat.
Carlow "	Carlow, ...	2/-	1/10	7/-	Potatoes, or sirabont made from Indian meal.
Cavan "	Cavan, ...	2/-	1/11½	8/-	Potatoes, sirabont and milk; tea and bread sometimes; and herrings and meat but very seldom.
Cass "	Ennis, ...	1/10½	1/9	7/6	Cheap breadstuffs, with tea or coffee; the small farmers have potatoes and milk.
Cork County, ...	Cork, ...	1/8	1/8	9/-	In the city: white bread, with butter, tea or coffee; potatoes and milk occasionally, and meat at least once a week. In the country: potatoes and milk generally; bread, Indian meal, butter, and eggs; meat very seldom.
County " City, ...	St. John's, ...	1/9	1/7	8/-	Indian-meal dumplings, and tea and sugar; potatoes at this season; fish meat seldom used.
Down "	Downpatrick, ...	1/9	1/8	12/-	Oaten or Indian-meal sirabont, with bottommilk; potatoes and milk; bread and tea; sometimes a little bacon, or herrings.
Dublin "	Dublin, South, ...	2/1	2/1	11/-	Tea and bread, potatoes, and sirabont and milk.
City: Richmond, Bridgeway, ...	Dublin, North, ...	2/0½	2/0½	9/-	Potatoes, wheatenmeal and oatmeal, tea, butter, and milk; bacon on Sundays; beef or mutton at Christmas and Easter.
County: Fermanagh, ...	Enniskillen, ...	1/11½	1/8	10/6	Separate reports were forwarded by several of the guardians of North Dublin Union. Meal, potatoes and milk; tea and cream cake often for morning and mid-day meals.
County: Galway, ...	Galway, ...	1/4½	1/2½	7/-	Oaten or Indian meal, potatoes and milk, or fish (salted or dried). In town, generally bread, with tea, coffee, or cocoa, at breakfast.
County: Kerry, ...	Trillick, ...	2/0½	1/5½	8/-	Potatoes and milk, Indian-meal bread, butter, and eggs.
County: Kildare, ...	Nass, ...	1/10½	1/9½	7/6	Bread and tea, or sirabont and milk, for breakfast; potatoes or wheaten bread, tea, and butter; American bacon once or twice a week.
County: Kilkenny, ...	Kilkenny, ...	1/10½	1/7½	7/-	Indian-meal sirabont, or potatoes and milk.

King's County,	-	-	-	2/2	1/9	7/-	Potatoes, eaten or Indian meal stirabout and milk; bread and tea; potatoes and herrings, butter, eggs.
Ledrim "	-	-	-	1/9½	1/6½	6/-	Indian meal stirabout and buttermilk, or sugar; those having some of their family able to assist, have potatoes, bread, and tea, or new milk.
Limerick County,	-	-	-	2/3	2/-	7/-	In city: tea or coffee, with bread, potatoes and skimmed milk; meat or coarse fish three or four times a week. In country: potatoes and skimmed milk, or Indian-meal stirabout, coarse bread, and tea or coffee.
" City,	-	-	-	2/13	1/10½	8/6	Indian or oatmeal stirabout, with buttermilk, and tea, potatoes and buttermilk, or herrings or other fish; meat occasionally.
Londonderry County,	-	-	-	1/6	1/8½	5/-	Stirabout and milk, and potatoes and milk.
Longford "	-	-	-	2/-	1/10	8/-	Stirabout and milk, or bread and tea; potatoes and herrings, or eggs; occasionally fried bacon.
Louth "	-	-	-	1/8½	1/8½	7/-	The Board consider the ordinary diet of the labourers inferior to that in the workhouse.
" Drogheda Town,	-	-	-	1/4	1/2	7/6	Breakfast—stirabout and milk; Dinner—potatoes and herrings, or milk and butter; Supper—potatoes and milk.
Mayo County,	-	-	-	2/2½	2/2½	6/-	Tea, Indian and oatmeal, and potatoes while they last.
Meath "	-	-	-	1/11	1/9	8/-	Indian meal for breakfast and supper; potatoes for dinner; occasionally tea and bread.
Monaghan "	-	-	-	2/3	2/-	7/6	Bread and tea; potatoes, milk, eggs; and with some, American bacon occasionally.
Queen's "	-	-	-	1/8½	1/8	5/-	Breakfast—Indian or eaten meal stirabout, bread, or stirabout, with milk; Dinner—potatoes and milk, and sometimes eggs or herrings.
Roscommon "	-	-	-	1/7½	1/6½	6/-	Indian and eaten meal stirabout; tea; potatoes and buttermilk, herrings or coarse fish; parings and scraps of pork or bacon, lard, cabbage, and turnips.
Sligo County,	-	-	-	1/11½	1/8½	8/-	Potatoes and skimmed milk, August to January; the remainder of the year, Indian and eaten meal stirabout; bread, eggs or butter; meat occasionally on Sundays.
Tipperary (North Riding),	-	-	-	2/6½	1/10	8/-	Potatoes and new milk, with Indian-meal stirabout, occasionally; bread and tea, salt herrings, &c.
" (South Riding),	-	-	-	1/9½	1/6½	9/-	Stirabout and milk; bread and tea, and potatoes and milk; butchers' meat seldom used.
Tyrone County,	-	-	-	1/11½	1/11½	7/-	Breakfast—Indian-meal stirabout and milk; Dinner—potatoes and milk, or herrings. In the city, bread and tea and pork still is used.
Waterford, County and City,	-	-	-	2/6½	2/6½	6/-	Second-class flour, mixed with potatoes and Indian meal, with tea; eaten and Indian meal stirabout.
Westmeath County,	-	-	-	1/10	1/10	8/-	Bread, butter, milk, and tea; small farmers live very comfortably.
Wexford "	-	-	-	2/2½	2/2½	8/-	The ordinary diet of labourers is better than that in the workhouse, being more varied and larger, but not so good in quality.
Wicklow "	-	-	-				

COPIES OF SOME OF THE LETTERS RECEIVED FROM
PRIVATE CORRESPONDENTS.

FROM DR. O'MEARA, Carlow.

October 31, 1867.

Letters from
private corre-
spondents.

For some years past my attention has been directed occasionally to the dietary of the working classes in this locality. I have made additional inquiries, which tend to confirm the reports I had previously received.

The day labourers may be divided into two classes—1st, those who are dieted by the farmer for whom they work (including servant-boys, who sleep on the farmer's premises); and 2nd, those who receive solely a money payment for their labour, and who diet themselves.

The following is the average diet in this neighbourhood of the first-mentioned class:—

Breakfast.—Stirabout and mixed milk (equal parts of sweet milk and buttermilk). A pint of oatmeal will thicken a quart of water, and one man will eat nearly that quantity for breakfast; but if there be twelve men to breakfast, ten pints of oatmeal will be sufficient for them.

Dinner.—Two out of the six working days, bacon, ten to twelve ounces, with cabbage and potatoes, about three and a half pounds of the latter, to each man, and buttermilk. The remaining four working days the dinner consists of potatoes, about one stone to three men, buttermilk, and about three ounces of butter; or potatoes, two herrings, about one ounce of butter, and buttermilk; or potatoes and mixed milk or thick milk. If the farmer's holding be very small and his means limited, flesh meat is only eaten on Sundays in his house, and the dinner of any labourer he may employ is the same as that of the four working days last detailed.

Supper.—Either stirabout or potatoes, with buttermilk or mixed milk.

The man or boy who sleeps in a farmer's house gets meat on Sundays for dinner.

The maid-servant of the farmer generally gets tea in the morning.

The diet of the small farmer is the same as that above mentioned, with this modification that he usually takes tea for breakfast, sometimes after eating stirabout and milk.

The food of the labourer who diets himself is very different from the foregoing. It varies considerably according to the locality. Within a radius of three miles, taking this town as the centre, the breakfast of this class is generally a bottle of cold tea (frequently without milk) and half a three-penny loaf; the other half of the loaf he eats for his dinner, often dry, sometimes with tea again, rarely with milk, or perhaps he has potatoes and buttermilk, or herrings and potatoes, for dinner. For supper, potatoes, or stirabout and milk if he has had bread for breakfast and dinner; or he takes bread and tea for supper if he has had potatoes for dinner. Butter he obtains very rarely. Once a week he can sometimes afford himself a little bacon, and then frequently eats it for supper.

This class of labourer, living at a greater distance from a town, generally takes stirabout and milk for breakfast, potatoes and buttermilk for dinner, occasionally with a little butter, or an egg, or herrings; and for supper, potatoes or stirabout and buttermilk. Flesh meat they generally procure once a week. The practice of using tea and dry bread once or twice a day is becoming more general among the peasantry. The diet of the artisan in this locality is as follows:—Breakfast, bread, butter, tea, and occasionally an egg. Dinner, ten or twelve ounces of bacon, with cabbage and potatoes, for five days out of the seven; for the remaining two days, potatoes, with buttermilk and butter, or herrings, or perhaps a tea dinner. Supper, bread, butter, and tea.

I am, &c.

From Dr. STONEY, Kilronan, North Arran.

December 11, 1867.

Letters from
private corre-
spondents.

The farmers feed on potatoes, rarely fresh fish, more constantly salt fish, and during the last six months of each year sheep's and cow's milk, the earlier produce of the cows being reserved for the rearing of calves, and from January to May, the cows not being supplied with winter fodder do not give milk, except in rare instances.

The diet of the labourer consists, in many cases, of potatoes only; many however, have a small portion (say two ounces) of salt fish with each meal; occasionally, in summer, buttermilk or sour milk. Both classes use Indian meal during May, June, and July, whenever it is found to be more economical than potatoes. Butter and eggs are scarcely ever consumed by these classes, but are sold in large quantities. With the exception of fish animal food does not form any portion of the diet. Cooked limpets are, at certain seasons, frequently used for dinner and supper. On or before the 11th of November, the festival of St. Martin, those who can, kill a sheep, a goat, or fowl, and consume the flesh; and at other times, when an animal has been fatally injured by accident or disease it is killed and eaten. Tea is only partaken of on festival days, and whenever persons leave for town on business, and miss their ordinary meal at home. The workhouse dietary is inferior to that of the working classes. The Sunday dinner no better than that of week-days. Cabbages and a few parsnips grown—the former mostly given to cows and pigs, the latter are eaten by the people; a few persons have potato onions, which are much esteemed. Fish, except in the months of February and March, is much used. Wages, 1s. per diem, with two meals, and more rarely 1s. 6d. without diet; for females, 6d. and 10d. respectively. Crime has never been committed with the view of obtaining food in gaol.

As regards this population of 3,300 persons with one magistrate and six policemen, the committals to prison for the past ten years have not annually averaged one per thousand of the people, and not one has been committed for trial either at Assizes or Quarter Sessions.

From FRANCIS J. LYNCH, esq., M.D., Loughrea, County Galway.

October 29, 1867.

The labouring men and small farmers, who reside in the country far away from towns and villages, have less variety of food than the town and suburban labourers; the former prefer potatoes as the staple article of food—three-quarters of a stone being the daily allowance for the three meals for each man, with a pint of milk at each meal. Often milk cannot be had, when a herring, at each meal, is substituted, and sometimes a daily allowance of two eggs added. Occasionally perhaps, or two or three times a week, some cabbage is boiled and served with the potatoes at dinner, or some turnips are pounded with the supper meal of potatoes, and boiled with a little milk. Tea or coffee is not much used by the men, but the women contrive to have either, especially the former, two or three times a week, besides Sundays, when all the grown-up get a little tea, if possible. When potatoes are scarce or too dear, one pound of second flour is baked into bread for dinner, with half a pint of milk or a little tea; and one pound of oatmeal or Indian meal is used for breakfast, made into stirabout, and either bread or stirabout taken again for supper. When milk cannot be had, half an ounce of sugar is taken with the stirabout. Bakers' bread is occasionally used as a substitute—one pound being the

Letters from
private corre-
spondents.

allowance for each meal, and they prefer tea to milk along with it. Occasionally the diet is supplemented by various little messes, such as onions boiled down with milk, then mashed with flour and water, pepper and salt, adding, when procurable, some kitchen stuff; sometimes a little coarse fish is brought home from market and used at supper.

The labourers, who live near towns, get better wages and are able to have greater variety in diet; they have meat of an inferior description on Sundays, also eggs, tea, and bread for breakfast, and a little butter; and on week-days, potatoes, stirabout, bread and milk, as before mentioned; sometimes they have meat once or twice in the week with cabbage; half a pound is the daily allowance of meat, when they can have it, which is only during the short periods of the year when labour is scarce and wages higher. When milk is scarce, they use, with their potatoes, onions boiled with flour and water, and butter or dripping, and pour it out, when prepared, on plates, to be taken with the potatoes; and they like this as well as milk, and find it palatable and sustaining. A given weight of Indian meal makes a larger bulk of stirabout than oatmeal, and they like it well; but it is commonly observed by the labourers, who use it, that the sense of hunger quickly returns when depending on it for food, so that one-third of oatmeal is commonly added. Oatmeal bread, baked into flat cakes, is also used for variety, with tea and a little butter; two ounces of butter is considered a fair allowance for one man. Some like buttermilk as well as new milk, but take one pint and a half of buttermilk at the meal, which, when they use buttermilk, is usually bread in some shape—one pound of bread at each meal. Some eat more than this, and most, one pound and a half of bread at dinner. When neither milk nor buttermilk can be had, half an ounce of sugar is used with the stirabout, with herrings or eggs daily. For their staple diet, potatoes are preferred, even when high-priced, so that they generally manage to have one meal of them—stirabout being taken night and morning. When the diet consists exclusively of bread, tea or coffee is taken usually instead of milk. Dripping, or kitchen-stuff, used two or three times a week in making some savoury vegetable mess for supper; fresh whiting, coarse gurnet, mackerel, are sometimes boiled and used at supper, but probably not oftener than two or three times a month.

As a general rule, except on Christmas-day and occasionally on Sundays, the classes referred to use no meat as a regular article of diet. Good beef or mutton is procured on Christmas-day and Easter Sunday; at other times, when they can afford it, half a pound of bacon, or inferior mutton, or half-fed veal, or a goose, is the description of animal food.

Tea is coming into general use—the women being able to do with less nourishment when they take it; but the men prefer milk and other substitutes when at work, though they consider tea more palatable and cheering.

The Sunday dinner differs in the occasional but not regular use of meat for dinner, and in the use of tea, bread, butter, and sometimes eggs, for breakfast. Agricultural labourers fare better than do the inmates of the workhouse; but the workhouse dietary is better for the women, children, and infirm.

Salt herrings are in general use, but no other kind of salt fish.

FROM DR. GARTLAND, Dundalk, County Louth.

October 25, 1867.

The ordinary diet of the labouring man and small farmer in this county I believe to be—for breakfast—oatmeal or India meal stirabout and buttermilk, or bread and tea; the latter for those who cannot get milk.

Dinner—potatoes and buttermilk, or perhaps salt fish, herrings, or stock fish; and for the better class of small farmer, perhaps occasionally a small portion of bacon and cabbage; this may be a Sunday dinner.

Supper—potatoes and milk, loaf bread, or stirabout and milk; perhaps potatoes and salt. Many no supper at all.

The workhouse dietary better than that of the labouring classes and small farmers.

From Dr. MOORE, Cavan.

November 1, 1867.

The universal diet of the labouring men about this town, is bread and tea, twice or three times a day; very rarely potatoes, with a herring, or a little bacon. The diet of the labouring men in the country, generally married men who have families, and are bound to work with the farmer on whose land they live, is stirabout and milk for breakfast, potatoes and milk for dinner, and the same for supper; very rarely do they taste animal food, except at Christmas or Easter. The Sunday dinner is no better than any other. There is no class so well fed as the servants of farmers holding from twenty to forty acres; they get stirabout and milk for breakfast, meat and potatoes four or five times a week for dinner, and potatoes and milk for supper.

From Dr. STOCK, Clonroche, County Wexford.

October 31, 1867.

In this locality the small farmer feeds his labourer through the week-days. On Sunday he must find his own food, his wages being about eight pence per day; and his food consists of oatmeal or Indian meal stirabout for breakfast and supper (generally the former), and potatoes, buttermilk, with a little butter, or two eggs, or salt herring for dinner. He generally takes his meals with the small farmer's family, and there is no difference whatever between his employer's diet and his. In fact, of the two, the labourer is the better fed.

The artisan is well paid and well cared for; he is usually supplied with food by the farmer at whose house he works; he generally has bread, butter, and tea, for breakfast; should he remain there at night, he has the same in the evening, and for dinner he must have meat, generally bacon. In the houses of the better class farmers, animal food, mostly bacon, is given to those in their employment twice a week; in this case the wages would be six pence per diem.

The workhouse diet is better than that of the labourer.

From Dr. RIDLEY, Tullamore, King's County.

November 2, 1867.

1. The ordinary diet of the labourer in this county consists of—

For breakfast—Cakes of flour bread, and tea, which is in very general use, being much cheaper than milk. Or stirabout of Indian or oatmeal, or of both mixed, with buttermilk.

For dinner—Potatoes and buttermilk.

For supper—Bread and tea, or stirabout and buttermilk.

Letters from
Private Cor-
respondents.

With the poorer class of labourers there is no difference in the Sunday dinner.

The labourer seldom eats meat; when he does, it is bacon, which he prefers to other animal food. His greatest luxury is tea.

2. The diet of the small farmer is little better, and at times not so good, as that of the labourer.

For breakfast—Oatmeal (which he gets ground at the neighbouring mill from his own corn) made into stirabout, and taken with new milk, or mixed with buttermilk.

For dinner—Potatoes and mixed milk.

Supper—Flour-bread and tea.

3. The artisan's diet is better than either of the foregoing classes; his wages now range from 2s. 6d. to 4s. 6d. per day, and he invariably has, for breakfast, tea and bakers' bread.

For dinner—Bacon on two or three days of the week, and cheap butchers' meat on Sunday.

Supper—same as breakfast.

The diet and wages of the labouring classes have materially improved within the last few years.

From Dr. VESKY, Magherafelt, County Londonderry.

November, 1867.

The ordinary diet of the labouring man:—

For breakfast and supper—Oatmeal or Indian meal porridge, with milk, very often buttermilk.

For dinner—Potatoes and meat, or fish when in season; sometimes bread, now and again tea. The ordinary wages of this class is from 7s. to 8s. 6d. per week. No difference on Sunday with this class, except sometimes tea.

Then there is the hired labouring man that lives in the farmer's house—he must be well fed; he expects his tea for breakfast and supper, and meat for dinner; a class now-a-days very hard to please. His wages are from £4 10s. to £7 for the half-year.

The artisan has his meat daily, and tea, bread, and butter.

The small farmer is the worst fed of all.

Little difference between the workhouse dietary and that of the farm labourer.

Dr. KEATING, Callan, County Kilkenny.

November, 1867.

1. The diet of labourers and small farmers generally consists of yellow (Indian) meal stirabout and milk; but whilst the potatoes continue plenty the latter class use them at least once daily with milk.

2. Animal food forms a small part indeed of the food of either class.

3. Tea is in common use with all classes. I have observed that the hardest worked labourers, such as mowers, quarrymen, &c., invariably use it.

4. While work is plenty and wages moderately high the diet of the labourer is better than that of the workhouse—more varied and larger in quantity; but in the dull season of the year the paupers in the Callan Union Workhouse are better off than the labourer; their supplies of food are regular, and of the best quality, and, I may add, generally sufficient to meet the wants of the recipients.

5. All classes make the utmost possible efforts to have a more comfort-

able dinner on Sundays; animal food in some shape or other, down to spiced lard with the potatoes or fried cabbage.

6. Potatoes and cabbage, vegetables most used, but occasionally varied by turnips.

7. At particular seasons of the year, as in Lent, and when potatoes are scarce, salt fish is much used.

Letters from
Private Cor-
respondents.

From ROBERT J. DOBSON, esq., L.R.C.S.I., Mohill, County Leitrim.

December 26, 1867.

1. The ordinary diet of the small farmers and labourers in my district consists, for the most part, of Indian meal stirabout and buttermilk for breakfast; potatoes and buttermilk for dinner; stirabout of Indian meal and buttermilk, or potatoes, for supper. Occasionally in the spring and working months of the year they have eggs and butter two or three times in the week with the dinner meal.

2. Animal food seldom, if ever, used, save at Christmas, Easter, or other stated times, and then chiefly American bacon. In the neighbourhood of towas slink veal is much used by the small farmers in the spring of the year.

3. Tea not in common use in the rural districts; but about the towns the labourers who support themselves constantly use it.

4. The dietary of the workhouse, though less in amount, is not inferior to that of the labouring classes outside.

5. The potato is the only vegetable in use, or that they know anything about cooking, except cabbage, whenever they can get a little fat or American bacon to dress it.

6. No difference between the week-day and Sunday dinner.

7. Salt herrings often the only accompaniment of the labourer's dinner in the winter and spring of the year.

8. Average wages during the spring, summer, and autumn from 1s. 3d. to 1s. 6d., and 2s. without support; and from 1s. to 1s. 3d. with support.

9. I am not aware that the labouring classes have ever committed crime with the view of getting into gaol to procure a better diet.

From A. K. YOUNG, esq., M.D., The Terrace, Monaghan.

November 13, 1867.

I enclose you a copy of the workhouse dietary.

I have made careful inquiry, and have no doubt on my mind that for the able-bodied man and woman it is quite superior to the diet of our ordinary labourer—by whom I mean the man who, with his wife and children, live in their cabin, or in the room or portion of a cabin which they hire. This man, or his family never taste "soup," hardly ever meat of any kind. No fish, unless a herring now and then divided among them with their potatoes, when they have not milk.

Their ordinary—indeed I may say continual food—is milk with bread or stirabout for breakfast; the same for supper; and for dinner, milk and potatoes, or herring in the absence of milk, when this latter is too dear or difficult to procure—as it often is in the winter time.

The potato forms the only vegetable in use with them.

The difference between the week-day and Sunday dinner is not I fear in favour of the latter, as there is nothing earned on that day.

A man will work the year round (and feed himself and family) for 7s.

Letters from
Private Cor-
respondents.

per week. The occasional labourer will get in summer and autumn from 1s. 8d. to 2s. 6d. per diem; in the winter, from 1s. 2d. to 1s. 6d. per diem.

I have asked—"How is it possible they continue to live in the winter time, when employment is scarce; food, and above all things firing, is so dear?" "Well, sir, there are some charitable societies where the decent poor who are known get some help—as meal, potatoes, and such like, in small quantities;" which I believe they are expected to refund in some degree by subscriptions, when they are able. This is among the Roman Catholic population.

I asked—"Does A, B, or C get this?" "No, sir; people like them would die within their four walls before they would ask for such."

The man from eight to twelve acres lives better than the labourer whose diet I have endeavoured to describe; he has his potatoes, cabbages, a little plot of turnips, his cow or two, and so is pretty certain of sufficiency of milk and a little butter; his herring often, and now and then a little bacon from his chumney. The "small farmer" with less than five acres differs but little from the labourer above mentioned.

Now, ever bear in mind the "servant-boy," i.e. the farmer's hired labourer, is a very different animal; he is fed with milk and stirabout, finished off with a bowl of tea for his breakfast. He has meat every day (except fast days) for his dinner; and his supper is stirabout and milk or potatoes and milk. His wages vary from £14 to £18 per annum. He is the most independent, for he has no care; and, therefore, greatest scoundrel in society. He is uniformly disaffected to the Government, and hates every class above him. He is the Ribbonman, the waylayer, and, as far as he can, the terror of society. He must be a Ribbonman, else he is waylaid and thrashed (sometimes to death) by his fellows; and he is the seducer of the farmer's younger members. It is from this class or their victims our gawks are generally filled; and I will leave you to judge how little these fellows will think of a groat if it is made the pamporer of his own laziness and his appetite.

From the Rev. Dr. Dixon, Rector of Clogherney, County Tyrone.

There are three kinds of agricultural labourers in this district (1) farm servants, (2) cottiers, (3) day labourers.

(1.) Farm servants; a first-class labourer hiring as servant with a farmer, in whose house he will be lodged and boarded, will receive as wages from £6 10s. to £7 for the half-year. Such a man will expect and will get the following diet:—

Breakfast—Porridge (stirabout) made of Indian meal, or of Indian meal and oatmeal with buttermilk, the porridge thick and well made, or potatoes and buttermilk, with a piece of oaten bread or flour bread, home made, and raised with soda.

Dinner—Potatoes, flesh meat three times a week, and Sunday; on the remaining days, tea and white bread (or cake) and butter. The flesh meat during winter is generally beef, fresh, salted, or hung; either killed by the farmer himself alone, or in conjunction with a neighbour, or bought from a butcher. The small village butchers have increased very much in number, and in the extent of their business, within the last few years. During summer, the flesh meat generally used is American bacon, Irish bacon commanding too high a price in the market to be consumed at home. On Sundays a goose is frequently cooked. Salt herrings are extensively used during spring, and up to May and June. Cabbage is in common use.

Supper—Porridge, as at breakfast. In some farmers' houses tea is given more frequently than I have mentioned above. Some employers think it economical, and the servants all like it very much; it is often brought out to the field between breakfast and dinner in a throng of work, to encourage the labourers.

Labourers of an inferior class receive from £4 to £4 10s. for the half-year, and, hiring with poorer or less liberal farmers, get a lower class of diet.

Female servants get from £1 15s. to £3 per half-year. Their diet is the same as that of the men; but they frequently get a cup of tea from the mistress when assisting her in house-work.

The diet of the first-class farm servant, as described above, may be considered as the standard of "good living" in the district. Small farmers, cottiers, and day labourers do not come up to it; the larger farmers alone exceed it.

The cottier gives two days' labour in the week for his house, turf-bank, and potato ground, being fed on those days by his employer, and receiving the same diet as the farm servant; he is probably engaged by his employer for two or three days more, for these he will receive about 9d. a day and his meat; if he has a small or an industrious family, and a prudent managing wife, and is sober and industrious himself, he will live as comfortably as most small farmers; but when health fails, he has nothing before him but the workhouse, unless he has children able and willing to support him.

The diet of the cottier on such days as he takes his meals at home, and that of his family, differ from the diet of the farm servant chiefly in the article of flesh meat. They all strive to have tea once a day at least.

Labourers working by the day for occasional jobs, receive wages varying with the season, &c., from 6d. to 1s. 6d., with their food.

If they work "cosnet," i.e., without being fed, they get from 6d. to 9d. a day more; their diet is the same as that of the cottier.

I may add that the wages of farm servants have doubled since I came here fourteen years ago, and that their diet has improved in the same proportion.

The Poor Law Guardians say that the dietary of the workhouse is superior to that of the labouring classes outside; that the inmates of the workhouse receive oatmeal and sweet milk, in place of Indian meal and buttermilk; but the poor people themselves think differently; they speak of the porridge and milk being both poor and watery, and of their food being badly cooked. There are several circumstances however which are calculated to make workhouse diet distasteful to them, independent of the quality and preparation of their food, and these probably influence their judgment. I have no hesitation at any rate in saying that the diet of the workhouse is not such as to offer any inducement to the poor to enter it.

I have never heard, nor do I believe, that crime has ever been committed in this neighbourhood with the object of "getting into gaol," and thereby procuring a better diet.

From the Most Rev. Dr. LEAHY, Thurles, County Tipperary.

December 17, 1867.

I have not forgotten my promise. Having addressed a circular with your seven queries to all the Parish Priests of the Archdiocese, I have received answers from all or most of them.*

* The returns referred to in this letter have been tabulated, and the results given in the body of the Report.

Letters from
Private Cor-
respondents.

There are in all forty-six parishes in the Archdiocese of Cashel and Emly, lying part in the county Tipperary, part in the county Limerick, the Tipperary portion being of much greater superficial extent. For your guidance I have marked every parish with the letter T if in Tipperary, L if in Limerick, and T and L when lying partly in each.

I had a young clergyman to examine the replies of the Parish Priests, and to summarise their contents for me, as you see done.

I am sure that he executed the task with care, and that you can rely upon the accuracy of the summary.

From the Right Rev. Dr. MORTARTY, Killarney.

November 22, 1867.

The ordinary diet of the peasantry consists of the potato and Indian meal bread. The potato is largely used, by some almost exclusively used from July to Christmas. Indian meal more used from Christmas to July.

Many working men have one meal of Indian meal bread, the other of potatoes; they find it easier to work on a breakfast of bread.

I have observed that fever invariably increases with an abundant crop of potatoes.

Scarcely any animal food is used in the country except the veal of calves killed immediately after they are horn.

In towns where much meat is slaughtered I hear that even the poorest generally get a little every day; this was particularly the case in Tralee, where an enterprising Scotchman, named Lunham, carried on a large trade in bacon, and slaughtered many hundred pigs every week. If all Irish meat was slaughtered before leaving our shores, the food of the Irish people would be greatly improved.

The use of bread is more general amongst the labouring class than formerly, and the use of tea is fast becoming universal.

The dietary of the workhouse is inferior in quantity to that of the labouring classes; in quality, the workhouse diet is superior, as excellent wheaten bread is generally given to the paupers; but, except in our Killarney Workhouse, I know no other in which there is the necessary variety of diet or mixture of vegetable food.

Turnips are largely used in seasons of scarcity, cabbage at all times, but not in large quantity; when the poor can have a little lard or pork boiled with it, it is their luxury.

I think there is no difference between Sunday and week-day dinner, except among the comfortable farmers.

Fish is little used except near fishing stations. Salt herring is an occasional condiment.

Wages about 1s. a day; but very little employment, except in spring and harvest, when, for a short time, they rise much higher.

My personal observation does not, however, reach much beyond our towns.

I should have observed, that I see a good quantity of wheaten bread carted from the towns to the country villages.

POLENTA.

The article of food so largely used in Italy under the name of "polenta," is prepared as follows:—The maize-flour is ground much finer than the meal in use in Ireland, and must be carefully sifted so as to separate the whole of the bran. A pint of water is made to boil, to which one quarter of an ounce of salt is added. Without removing the vessel from the fire; the flour is to be rapidly stirred in, in the proportion of one pound of flour to one pint of water, and the boiling continued for between twenty minutes and half an hour. During this time the mess must be constantly stirred from the circumference with a large spoon or spatula, and the completion of the cooking is known by the ease with which the mess separates from the side of the vessel. The vessel is then inverted, and the whole turned in a semi-solid mass. By means of strings passed under it, it is cut into slices. It is used simply, or with milk, or butter, or vegetables, or it may be fried with a little dripping, when it is a very palatable dish.

In another method of boiling, a cylindrical tube or chimney is made with a wooden roller through the centre of the mess, which is then left to boil. But to complete the cooking the stirring from the circumferences must be carefully performed.

The only approach to polenta is a dish used by the peasantry in some of the western districts. Parsnips are blended with the Indianmeal and water, and the whole is then baked. This is a favourite and unwholesome food.

A coarser form of polenta may be made by using the coarse meal as it comes to this country. In adding the meal to the boiling water care must be taken to introduce it gradually, and in a continuous stream.

BIBLIOGRAPHY.

1. Rev. Samuel Houghton, F.R.S., F.T.C.D., on the Natural Constants of the Healthy Urine of Man. *Dublin Quarterly Journal of Medical Science*, vol. 28, p. 1, and vol. 30, p. 1. August, 1859 and August, 1860.
2. Spierarbeid en Warmte-ontwikkeling in Verband met de vereischte Voeding-Beginselen, door F. C. Donders. *Nederlandsch Archief voor Genees-en Natuurkunde*, 1864, 1865.
- On the Constituents of Food, and their Relation to Muscular Work and Animal Heat. By F. C. Donders, M.D., F.R.S., Professor of Physiology and Ophthalmology in the University of Utrecht. Translated in the *Dublin Quarterly Journal of Medical Science*, vol. 41, February, 1866, p. 238, and May, 1866, p. 469, by William Daniel Moore, M.D., Dub., M.R.I.A.
3. On the Food of Man in Relation to his Useful Work. By Lyon Playfair, C.B., LL.D., F.R.S., &c., &c. Edinburgh, Edmonston and Douglas, 1865.
4. Bidrag til Bedømmelsen af Fødemidternes Næringsværdi. Af Dr. med. P. L. Panum, Professor i Physiologien ved Kjöbenhavns Universitet. Kjöbenhavn. F. Hegel, 1866.
- A Contribution to the Estimation of the Nutritive Value of Foods. By P. L. Panum, M.D., Professor of Physiology in the University of Copenhagen. Abstract in the *British and Foreign Medico-Chirurgical Review*, vol. 38. July 1866, p. 83.
5. Food in its Relations to various Exigencies of the Animal Body.

By J. B. Lawes, F.R.S., F.C.S., and J. H. Gilbert, Ph.D., F.R.S., F.C.S.
Reprinted from the Philosophical Magazine for July, 1866. London:
Taylor and Francis, 1866.

6. The Philosophy of Food. Medical Times and Gazette, vol. 2, 1866,
pp. 449 and 532.

7. On the Sources of the Fat of the Animal Body. By J. B. Lawes,
F.R.S., F.C.S., and J. H. Gilbert, Ph.D., F.R.S., F.C.S. From the
Philosophical Magazine for December, 1866. London: Taylor and Francis,
1866.

8. Undersøgelser angaaende Brug og Nytte af vore stivelscheldige
Næringsmidler. Af Professor Dr. Faye (Særskilt aftrykt af Vid.-Sels-
kabets Forhandlinger for 1866). Christiania.

Investigations respecting the Use and Value of our Farinaceous
Aliments. By Professor Faye. (Reprinted from the Transactions of the
Academy of Sciences for 1866.) See Analytical Notice in the British and
Foreign Medico-Chirurgical Review, vol. 40, July, 1867, p. 93.

9. Reich's Nahrungs-und Genussmittelkunde (1860-61).

10. Johnston's Chemistry of Common Life.

11. Dr. E. Smith, F.R.S., on Food.

12. Dr. Lankester, F.R.S., Lectures on Food.

13. Dr. Guy, F.R.S., on Prison Dietaries.